

2010 Iowa Boys Gymnastics Invitational*

Check us out, @ www.hawkeye-gymnastics.com

DATE: Friday, Saturday & Sunday, February 12, 13 & 14, 2010.

LOCATION: The University of Iowa Field House - North Gym



HOST: *HAWKeye Gymnastics*

MEET DIRECTOR: Dan Coon

(319) 351-4416, (319) 338-0800, FAX (319) 335-6655

Awards: Awards will be given in each level and age group (medals for all-around, and medals & ribbons for each event).

Specialist awards will be given to the top three places on each event

Team trophies will be awarded on the basis of the top three scores per event.

We will also present,

The Outstanding Gymnastics Performance Award.

The Iowa-Jason Whitfield Award.

Admission: Per day; \$5.00 Friday, \$8.00 Saturday, \$8.00 Sunday. Kids are \$2.00, (3yrs and younger, free).

Team entries: We offer 2 additional team categories: **1. Level 10 Combo.** You may choose to mix your Level 10, 16-18 y/o, & Level 10, 14-15 y/o, gymnasts as a team if you do not have three gymnasts to compete in one Level 10 age group or the other. This combination team will compete against other combination Level 10, 16-18, & Level 10, 14-15 teams. You will need to designate the members (by name) who make up your Level 10 combo team. Teams must consist of at least three and not more than six members. Top three scores for each event will be used to determine the team rank placement. (Yes, you may enter a L10, 16-18; L10, 14-15, team and an L10 age group combination. However, the L10 combination may not consist of any of your L10, 16-18, or L10, 14-15 team members.)

2. Multi Optional Level. You may combine Level 8, Level 9 & Level 10 (Sr. &/or Jr.), gymnasts to form a team. Teams must consist of at least 3 gymnasts. Top 3 scores for each event determine award placement. (As with the Level 10 combo, you may enter Sr. & Jr. Level 10's, Level 9's and Level 8's in their respective Level team competition, but your "multi optional level" team may not consist of any of the team members from those specific Level teams.) You must name your "multi optional level" team.

* A USAG sanctioned event for boys, Level 4 – 10.

Entry deadline: Please return the entry form(s) by Friday, January 22, 2010. Checks should be made payable to, IBI-HAWKEYE GYMNASTICS. Please send one check per club for the total entry fee. Entries postmarked later than January 22, 2010, will be prioritized by date and may not be accepted. You may FAX your entry and send your entry fee through the mail. We will not accept FAX'd entries time dated after midnight, January 22, 2010. Our FAX number is, 319-335-6655.

Mail to: **IBI-Hawkeye Gymnastics or Hawkeye Gymnastics**
Room E-216D Field House 88 Olive Ct.
Iowa City, Iowa 52242 Iowa City, IA 52246

Refunds: We will refund any entry which cancels due to illness, injury, or family emergency. The coach's word will suffice for verification. **No refunds after Friday, January 29th, 2010.**

Host Hotel:

Marriott Coralville Hotel & Conference Center
300 East 9th St.
Coralville, IA 52241

Phone 319-688-4000, or 800-228-9290.

Rates Rates are, \$59.00, s/dbl. occupancy. Reserve deadline, 5PM, January 22, 2010.
Reservation key is: **Hawkeye Gymnastics**

Web address www.coralville Marriott.com

Coaches Packets: May be picked up at the competition site.

Coaches Meetings: A short coaches meeting will be held before each session to announce changes, scratches, and answer questions.

Hospitality Room; Field House & Hotel: **The Staff Lounge, Room 201, or Court #9 is the hospitality area at the Field House and is for coaches and officials only.** The hospitality room, **at the Marriott**, will be in service on Saturday evening. Coaches, judges, meet officials and parents are welcome to enjoy themselves.

Equipment: **The competition equipment and landing mats are all in excellent condition. Extra landing mats and support mats will be available for younger gymnasts.**

FX - AAI 4" spring Floor.

PH - AAI Pommel Horse.

- GMR Mushroom (with new mat & cover).

SR - AAI Ring tower with springs.

V - AAI Table (platform). You may bring your own board.

PB - AAI (both available for competition).

-2 sets.

HB - AAI Horizontal Bar.

-An AAI horizontal bar, adjustable, is also available for the younger gymnasts.

When you send in your entry, be sure to provide an e-mail address and phone number where you can be reached. Entry form has lines for this information.

Meet Schedule-tentative

Friday, February 12, 2010

Session 1

Level 6, (traditional format; warm up all, compete all)

5:00pm	Gym opens, open stretch.
5:30	Coaches meeting. Warm up first event.
6PM	Introductions & National Anthem.
6:10	Competition begins first event.
To follow	Warm up second event, compete second event.
8:30	Awards.

Saturday, February 13, 2010

Session 2

Levels 7 & 8, (warm up all, compete all)

8:00	Gym Opens, open stretch, coaches meeting.
8:30	Timed warm-ups begin (12 minute rotations).
9:40	Line up at first event.
9:45	Introductions & National Anthem.
9:50	Competition begins.
11:50	Awards.

Session 3

Levels 9 & 10, (warm up all, compete all)

12:00pm	Gym opens, open stretch.
12:30	Coaches meeting. Warm up first event.
To follow	Introductions & National Anthem.
To follow	Competition begins first event.
To follow	Warm up second event, compete second event.
5:00	Awards.

7pm Collegiate Dual meet

Sunday, February 14, 2010

Session 4

Level 5, (warm up all & compete all)

8:00am	Gym opens, open stretch.
8:30	Coaches meeting. Timed warm ups begin, (12 minute rotations).
9:40	Line up first eventional Anthem.
9:45	Competition begins, first event.
11:30	Awards.

Session 5

Level 4, (modified capitol cup)

12:00pm	Gym opens, open stretch.
12:20	Coaches meeting. Warm up first event.
To follow	Introductions & National Anthem.
To follow	Competition begins first event.
3:30	Awards.

ADDITIONAL HOTELS / MOTELS

Just off Interstate 80:

Sheraton, Iowa City; 319-337-4058, 201 South Dubuque, I.C., 3.5 blocks east of Field House.

Country Inn & Suites; 319-351-1010, exit #246.

Canterbury Inn & Suites; 319-351-0400, exit #242, pool.