

**HOTEL INFORMATION**

Adams Mark Hotel      \$102.00 per night      800.444.ADAM

Please mention Region 8 Gymnastics to get rate.

**AIRPORT INFORMATION**

Piedmont Triad International Airport - Greensboro, NC ([www.ptia.org](http://www.ptia.org))  
(GSO)  
Serviced by:

AirTran	Northwest
American	Air Canada
Continental	United
Delta	USAirways

**Rental Car Information:**

Alamo	Hertz
Avis	National
Budget	Thrifty
Enterprise	Triangle

**HOTEL/AIRPORT/RENTAL CAR**

## T-SHIRT ORDER FORM

USA Gymnastics Region 8, Level 9/10 Championships T-shirts are available for pre-purchase only. Please indicate size and quantity below. **All orders must be faxed to 336.794.3963 by Monday, March 18th, 2002. Additionally, the completed order form previously faxed and a check covering all orders must be received by Friday, March 22nd, 2002.** Shirts are \$15.00 each. Please make checks payable to SGBC Region 8 Championships. MAIL TO: SGBC, 213 McTavish Ln. Winston-Salem, NC 27103.

All shirts will be printed with the meet logo on front and the Regional Competitors on the back.

Size	Quantity		Quantity
CS	_____	AM	_____
CM	_____	AL	_____
CL	_____	AXL	_____
AS	_____	AXXL	_____

TOTAL # OF SHIRTS \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

GYMNAST NAME \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

CLUB \_\_\_\_\_ STATE \_\_\_\_\_

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## PROGRAM AD FORM

Support the athlete, team or state of your choice by purchasing a good luck ad in the regional program. **Mail your PRINT READY ad and check, payable to SGBC Region 8 Championships to: SGBC, 213 McTavish Ln. Winston-Salem, NC 27103 by Monday, March 18th, 2002. Checks must be received on or before Friday, March 22<sup>nd</sup>, 2002.**

Ad prices:	¼ page	\$30.00
	½ page	\$45.00
	1/1 page	\$60.00

## T-SHIRT/PROGRAM AD ORDER FORMS

# MEET INFORMATION

Capitol cup format  
1 ½ minutes per gymnast  
3 man bump touch on beam  
split touch on v,ub,fx

Scoring by **Net-Score™**

Entry Fee: \$85.00 per gymnast - **Payable to SGBC Region 8 Championships**  
**CHECK AND MEET ENTRY MUST BE SUBMITTED TO YOUR STATE DIRECTOR AT THE**  
**CONCLUSION OF YOUR STATE MEET**

Admission fee: \$7.00 adult / \$3.00 student per day (under 5 years free)

Medical services will be provided by the Winston-Salem rescue squad.

There will be 3 sessions on Friday.

There will be 3 sessions on Saturday.

There will be 2 or 3 on Sunday depending on numbers

## EQUIPMENT

All equipment will be provided by Wynn-Wynn Athletics. No additional equipment will be allowed on the floor. All equipment will be AAI Elite system. For information contact Mitch Wynn. 770.614.9205

## **WORKOUT SESSIONS**

THURSDAY, APRIL 4, 2002

There will be 6 separate workout periods with a maximum of 60 athletes per session.

Each athlete will receive 2 minutes on each apparatus during the workout session.

There will be a 20 minute stretch period followed immediately by 8 workout rotations.

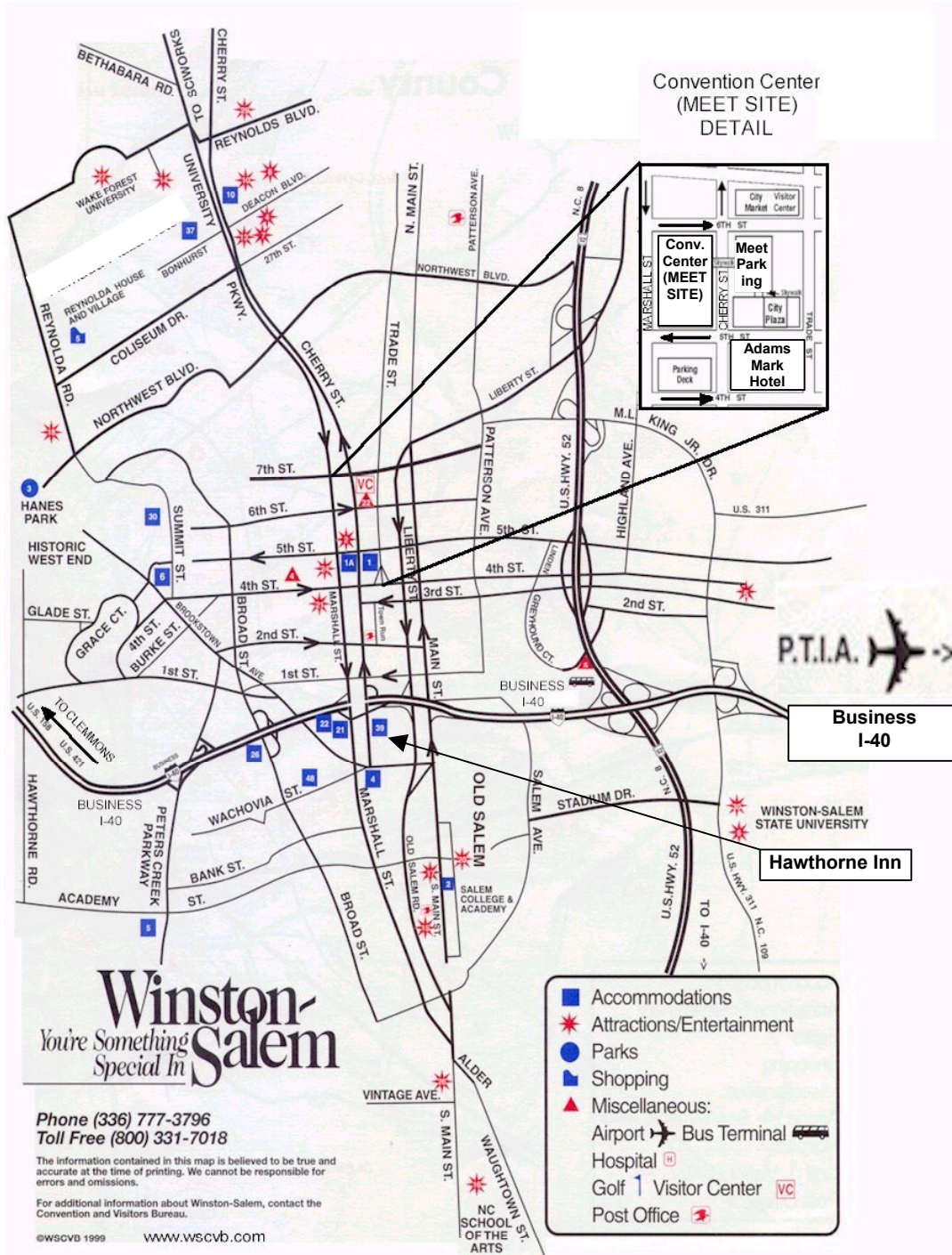
Each athlete will receive time on the warm-up and competitive equipment.

1. 8:00 – 10:30	<b><u>YOU MUST CALL THE GYM AND SIGN</u></b> <b><u>UP FOR A SESSION. WE WILL NOT</u></b> <b><u>EXCEED 60 GYMNAST'S PER SESSION.</u></b> <b><u>CALL 336.765.4668</u></b>
2. 10:00 – 12:30	
3. 12:00 – 2:30	
4. 2:00 – 4:30	
5. 4:00 – 6:30	
6. 6:00 – 8:30	

COACHES MEETING IMMEDIATELY FOLLOWING workout SESSION 6  
Gymnasts Party/Dance in the Adams Mark Hotel from 7-10 PM Thursday, April 4<sup>th</sup>.

Meet information, including maps, schedules, competition order, and results will be posted at  
[www.SalemGym.com](http://www.SalemGym.com).

## **MEET FORMAT/EQUIPMENT/WORKOUT SESSION**



**DIRECTIONS FROM GSO AIRPORT to Convention Center and Host Hotel:**

- Follow Signs to I-40
- Take I-40 West toward Winston-Salem
- Follow I-40 (Business) to Downtown Winston-Salem
- Take Cherry Street Exit, turn Right.
- Adams Mark Hotel is 4 blocks on right.
- Convention Center is one additional block on Left.

**DOWNTOWN MAP AND DIRECTIONS**