

State Meet 2010 – this is the final schedule – Bellows Falls High School

Saturday March 20 – both sessions will be traditional format

Level 5 & 6 – Regal will be in 2 different squads

11:45 open stretch

12:05 timed warm up

1:15 march in

3:15 awards

Prep Optional

3:30 open stretch

3:45 timed warm up

4:45 march in

7:00 awards

Sunday March 21

Level 4 – capitol cup format – 2 sets of equipment – large teams will be split

8:00 open stretch

8:15 timed warm up

8:25 march in

11:45 awards

Level 7 – 9- warm up/ compete format –

12:00 open stretch

12:15 timed warm up

12:30 march in

3:30 awards(rough estimate – could be longer)

Session Assignments – Please read carefully- All clubs are required to do the jobs below. Please set it up in advance so we don't have to run people down during the meet. Thank you.

	Level 5&6	Level PO	Level 4	Level 7-9
Admissions(2)	RGA	BG	CV	LEST
Score Table(3-6)	NLG	NLG	NLG	NLG
Flashers(4)	NS	LEST	RGA	GM
Runners(4)	WA	RGA	CV	NS
WupTimers(3)	RGA	NLG	GM	RGA
Meet Timer(3)	NLG	LEST	WA	CV
Floor Timer(1)	na	BG	WA	BG
Floor Music(1)	NS	na	LEST	NLG
Sales(2)	RGA	RGA	BG	CV

I have 6 seniors, Katelyn Lowell, Danielle Archambault, Nicole Harrington, Samara Manges, Stefanie Bailey, Chauncey Jones – please plan to have a short speech to give at the state meet.

Holiday Inn Express in Springfield, VT - \$92 special rate

Highway Inn in Bellows Falls(small newly renovated) - \$69

Set up will be on Saturday at Bellows Falls High School at 6:45 am. Please contact me with the number of people you will be having at set up.

Clean up will be on Sunday after the meet about 3:45pm. Please contact me with the number of people you will be having as clean up.

**All coaches are asked to help with set up and clean up.**

Directions: From the north: 91 S to exit 6, go toward route 5 approx 2.4 miles, follow route 5 for approx 2.3 miles, take a right onto High School Rd which is Bellows Falls High School

From the south: 91 N to exit 5, turn right at end of ramp, turn left onto route 5 north, turn left onto the high school road(about 1.7 miles)

Reminders – Only coaches with professional numbers are allowed on the floor for competition and warm up. Please have your card on you at all times at the meet.

You must commit at states to compete in the regional competition – Level 9 Regionals is April 9 – 11 in Danvers, MA and Level 8 Regionals is April 24 & 25 in North Andover, MA. **New regional Policy – all regional athletes will be required to give a \$200 deposit for regionals at the end of the State competition. After the regional competition, when it is proven you have attended the competition, you will get a refund excluding the meet fee. This can be a club check or a family check – all checks will be deposited. This is an effort to cut down on no shows at regionals.**

**All outstanding balances for meets will be due before states – I will contact you personally if you have any.**