

2010 SHOPRITE® NUTMEG STATE GAMES GYMNASTICS MEET

Coordinators:

Hal Rettstadt

Dates & Times:

Session 1 - Level 5, 6 & Prep Intermediate – Saturday, July 24th

Gym opens - 9:00 am

Set/stretch - 9:30 am

March in - 9:50 am

Meet Begins – 10:00 am

Session 2 - Level 4, 7, 8, 9 & Prep Novice – Saturday, July 24th

Gym opens - 2:30 pm

Set/stretch - 3:00 pm

March in - 3:20 pm

Meet Begins – 3:30 pm

Championship Meet – All Levels – Sunday, July 25th

Gym opens – 9:00 am

Set/stretch – 9:30 am

March in – 9:50 am

Meet Begins – 10:00 am

2010 Nutmeg State Games

Gymnastics Championship Meet – Sunday, July 25th

Participation Determination

Based on the total registration, the teams for each region (North, East, South, and West) will be determined as follows:

Level 4 – 2 best all around scores from each region.

Level 5 – 2 best all around scores from each region.

Level 6 – 2 best all around scores from each region.

Levels 7-8-9 – 3 best all around scores from each region for those levels combined.

Prep Op Novice & Intermediate - 2 best all around scores from each region for those levels combined.

*In the event there are not enough participants in any level to send to the Championship Meet, the next highest scoring Level 4 will replace the missing gymnast.

i.e. – The South Region has only 2 registered Level 6's. If one is a scratch then an additional Level 4 will replace her in the Championship Meet.

LEOTARDS:

Athletes can pick up their Leotards At the Gymnastics Meet on Saturday, July 24th

Location:

Oxford High School

61 Quaker Farms Road

Oxford, CT 06478

<http://oxfordpublicschools.org/ohs/>

RULES:

Gymnasts competing in the class 4, 5, and 6 compulsory groups must perform the 2005 – 2013

compulsory routines. Optional: gymnasts may perform compulsory routines in part or in whole, however, they will be judged as Junior Olympic optional routines.

Female Gymnastics Levels & Rules

LEVELS	GENDER	DIVISION
Prep-OP	Female	Novice
Prep-OP	Female	Intermediate
Prep-OP	Female	Advanced
Level 4	Female	Compulsory
Level 5	Female	Compulsory
Level 6	Female	Compulsory
Level 7	Female	Optional
Level 8	Female	Optional
Level 9 & 10	Female	Open Optional

ABILITY CLASSES:

Open Optional - For experienced USAG/YMCA Level 9, 10 or Collegiate competitors.
Optional Level 7 & 8 - For experienced USAG/YMCA Level 7 or 8 competitors. Compulsory Level 4, 5 & 6 - For experienced USAG/YMCA Level 4, 5 or 6 competitors.
The gymnastics coordinator reserves the right to break out levels based on participation. Gymnasts may not drop down from their most recent competitive season level, but upward mobility to compete is permitted. All gymnasts must be accompanied by a personal coach who will assume responsibility for their pre-competition training and their safety at the competition. Any competitor not accompanied by a coach will be unable to participate.

Due to the individual nature of the sport and its potential dangers, the Nutmeg State Games does not provide pre-meet training or coaching at the competition. Another gymnast cannot take your place if you are unable to compete.

OPENING CEREMONIES:

Due to the time conflict with Opening Ceremonies participants in the Session 2 Meet beginning at 3:30 PM on Saturday, July 24th will be excused from attending the Opening Ceremonies!

Saturday, July 24th 2010 – Veteran’s Memorial Stadium, New Britain, CT

The Opening Ceremonies will begin as athletes from across the state participate in the traditional Parade of Athletes. Other special festivities will lead to the lighting of the ceremonial flame in true Olympic fashion, as the Nutmeg State Games are declared officially open.

New Britain Rock Cats Game – 2:35 PM

The Fan Fest: 5:00 PM

Opening Ceremonies: 7:15 PM

Opening Ceremonies Ticket Prices:

Adults - \$6.00, Senior (55+) or Child (12 & Under) - \$4.00

**Tickets for Opening Ceremonies will be sold at the day of Opening Ceremonies ONLY!
Tickets cannot be purchased prior to the day of the event.**

Nutmeg State Games Office Contact Info

New Britain Alternative Center

505 South Main St. (Daniel Bugnacki Way)

New Britain, CT 06051

Main Phone: (860) 224 6450

Fax : (860) 224 6450

Email: Pat Fisher – fisher@nutmegstategames.org

2011 STATE GAMES OF AMERICA SAN DIEGO, CA:

All Medal Winning athletes (Gold, Silver & Bronze) from 2010 Nutmeg State Games will be invited to compete in the 2011 State Games of America held in San Diego, CA. For more information on the State Games of America please go to www.stategames2011.com

DIRECTIONS:

Oxford High School

61 Quaker Farms Road

Oxford, CT 06478

<http://www.oxfordpublicschools.org/ohs/>

From New Haven:

Take CT-63 North. Turn left at CT-67 W/Seymour Rd. Continue to follow CT-67 W. Turn left at Great Hill Rd. Continue onto Holbrook Rd. At the traffic circle, take the 1st exit onto CT-188 N/Quaker Farms Rd/Rockhouse Hill Rd. Turn Left onto the Oxford High driveway.

From Danbury:

Take I-84 East. Take exit 15 for CT-67/US-6 E. Turn right at CT-67 E/Seymour Rd/Southford Rd. Turn right at CT-188 S/Quaker Farms Rd. Turn Right onto the Oxford High driveway.

From Springfield

Take I-91 South entering Connecticut. Take exit 32A to merge onto I-84 W toward Waterbury. Take exit 16 for CT-188 toward Southbury. Turn left at CT-188 S/Strongtown Rd. Continue to follow CT-188 S. Turn right at CT-188 S/Quaker Farms Rd. Turn Right onto the Oxford High driveway.

From Rhode Island

Take I-95 South entering Connecticut. Take exit 47 to merge onto CT-34 W toward Downtown/New Haven. Turn right at Ella T Grasso Blvd. Take the 1st left onto CT-34 W/Derby Ave. Continue to follow CT-34 W. Turn left at Main St. Continue onto CT-34 W/Roosevelt Dr. Turn right at CT-188 N/Squantuck Rd. At the traffic circle, take the 3rd exit onto CT-188 N/Quaker Farms Rd/Rockhouse Hill Rd. Turn Left onto the Oxford High driveway.