



## MECKLENBURG GYMNASTICS INVITATIONAL

*Special Olympics Mecklenburg County 2<sup>nd</sup> Annual Artistic & Rhythmic Gymnastics Invitational*

When:	Saturday, April 22, 2017
Where:	Perfect Balance Training Center 8850 Monroe Rd Charlotte, NC 28212
Registration Deadline:	April 7, 2017
Check-in:	12:00 – 12:15pm
Coaches meeting:	12:15pm
Open stretch:	12:15 – 12:45pm
March in:	12:45pm
Competition:	1:00pm (warm-up 1 <sup>st</sup> event and compete)
Awards:	3:30pm
Contact:	For Artistic - <a href="mailto:connie.mulroy@gmail.com">connie.mulroy@gmail.com</a> , or <a href="mailto:Rory.riley@gmail.co">Rory.riley@gmail.co</a> or <a href="mailto:mecklenburg@sonc.net">mecklenburg@sonc.net</a> , Rhythmic, <a href="mailto:MirandaDhyman@aol.com">MirandaDhyman@aol.com</a>

### **General information**

- Please be on time. If you arrive early, please remember that check in will not begin until 12:00pm. Please allow time for set up before checking in.
- Artistic Gymnastics & Rhythmic Gymnastics Guidelines/Rules:
- <http://media.specialolympics.org/resources/sports-essentials/sport-rules/Artistic-Gymnastics-Sports-Rules.pdf>
- Rhythmic Gymnastics: <http://media.specialolympics.org/resources/sports-essentials/sport-rules/2016-2023-Rhythmic-Gymnastics-Rules.pdf>

### **Competition format:**

The competition will follow Special Olympics rules and guidelines (link above). After a brief stretch, athletes will have a timed warmup on each event prior to competing. Awards will begin immediately following the conclusion of the competition.

### **Requirements:**

- All athletes **must** have a current Athlete Participation Form (APF or medical) on file that is current in order to participate. If form is expired or will expire by tournament date, send a copy to Donna Watson at [dwatson@sonc.net](mailto:dwatson@sonc.net) or via fax at 919-719-7663 by 5pm on **Thursday April 20th, 2017**.
- All registration chaperones and coaches have a Volunteer Screening Form (VSF) on file. We will have some at the venue for your delegation members to fill out.
- Remember that all coaches, chaperones, drivers, Unified Partners, etc., must have Protective Behaviors training every three years, and it must be current by event date.
- All volunteers must have a Volunteer Screening Form (VSF) physically at this event in order to assist on the competition floor. "NO EXCEPTIONS"

### **Lunches**

Lunches will not be provided. Perfect Balance Training Center will have a concession stand with food and beverages available for purchase.

### **Awards**

Local Games medals and/or ribbons will be presented at the end of the session.