



Hello All...!

I'm hoping all of you will have athletes qualify to the NC Gold & Platinum State Championships March 29th, 30, 31st 2019! Raleigh School of Gymnastics is looking forward to the event with immense enthusiasm!

HOTEL INFO: Please share this link with your parents – it has all pertinent info for hotels, parking, meet venue, and visitor material. PLEASE BOOK your rooms ASAP and cancel as needed when comp times come out. The Link:

http://res.cloudinary.com/simpleview/image/upload/v1537208590/clients/raleigh/2019_NC_US_A_Gymnastics_XCEL_Gold_Platinum_State_Meet_Info_c65f5c5f-80f7-4e1e-9cb7-bacea3b3de59.pdf

MEET FORMAT: Modified Non-Traditional (Modified Capitol Cup) - 2 sets of equipment in the competition gym (no warm-up gym). Flight 1 squads compete on one set; Flight 2 competes on other set. Timed warmups immediately precede competition on each event.

MARCH-IN: Immediately after general stretch there will be a formal march-in with team introductions!

HOSPITALITY: meal vouchers will be given to each team for concession cart use, (concession cart will be available (11:00am – 7:00pm) 4 vouchers per team per day. There will be a coach's corner on the competitive floor that will have coffee and tea. Water will be available on the competitive floor. The head table will have protein bars, energy bars, ect. Breakfast **will not** be served, please keep that in mind. If you're a big eater, plan for a few items in your gym bag!

ADMISSION FEE: This will be a **CASH ONLY** event.
Adults – 20\$ Childern - 5\$ Under 5 free
Family – 45\$ (2 adults + 1 child)
The admission fee will allow entry for the whole weekend

Kind Regards, RSG Staff!