**Location and date:**

* **North Creek High School** on 2/9/2019
* Directions to schools may be accessed via the KingCo Athletics website: [www.kingcoathletics.com](http://www.kingcoathletics.com)

**Meet Policies and Regulations:**

The meet shall be governed by the District #1/#2 and WIAA rules and regulations.

**Meet Director**:

Yonni Mills – Bothell High School

[ymills@nsd.org](mailto:ymills@nsd.org) Office: 425-408-7015 Cell Phone: 206-992-2376

**Meet Managers:**

Mitch Craig - North Creek High School

mcraig@nsd.org craig-clan@msn.com Cell Phone: 425-381-0332

Ryan Fleisher – Issaquah High School

[issygymnatics@yahoo.com](mailto:issygymnatics@yahoo.com) Cell Phone: 425-443-1899

**Games Committee:**

Yonni Mills, Lance Gatter, Luke Ande, one coach that is not involved and one official.

**Teams:** KingCo 4A and Wesco 4A

**School Roster:** Rosters are due to Yonni on **2/4/2019** : 3 coaches, 1 trainer, 2 managers, **competing gymnasts** not to exceed 16 gymnasts and school administrators.

* Maximum 16-person roster (gymnasts competing) will be used for Districts and team qualifiers to State. Please note that the roster does not change from the District meet thru the State Championship.
* JV gymnasts will need to pay. If you are the host school and have JV gymnasts that are assigned jobs running the meet – please send Yonni their names and duties. They will be added to the gate list.

**Admission Prices:**

**District Meet**- All spectators except children under 6 are required to pay an admissions fee. Please communicate the information to your fans prior to the tournament so they will be prepared to pay the admissions – cash or checks.

**Ticket Prices**

Adults $7.00

Students without ASB $7.00

Students with ASB $5.00

K-8th Grade $5.00

Seniors (65 and up) $5.00

Kids Under 6 yrs. Old No Charge

Cheerleaders in uniform/team sweats will be admitted free.

**Passes:** KingCo/Wesco scouting, KingCo/Wesco lifetime, WIAA, District 2 lifetime passes are the only passes that will be honored. Specifically, League Faculty, punch cards and District passes **will not** be honored.

**Inquiry Forms**: Will be provided. Inquiries must be completed and turned in before the end of each rotation. Inquires will follow the WIAA Inquiry Policy.

**Sportsmanship/Spirit: Signs, Flags, Noisemakers, Bands**

* Each school will be afforded one official school banner.
* Noisemakerswill not be allowed and will be confiscated. A fan that is unwilling to give up noisemaker(s) will be removed.
* No handheld signs including big heads.
* No balloons

**Post Season Playoff Supervision:**

Each school must have an administrator or designee present for crowd control issues with their fans. It is not the job of the tournament director or meet managers to address fan behavior during the meet.

**Medical and Athletic Training**: Children’s Hospital will have a trainer onsite for both sessions. Each school needs to provide their own tape and pro wrap. Please bring your training kits.

**Equipment:** Here is a list of the meet equipment that will be available besides the mats at each rotation.

* Folding vault safety zone folding
* Small sting mats
* RO entry mat (rectangle)
* 8 in for each event-yes
* 4 in for any event-yes
* 20cm vault landing mats
* Panel mats for spotting

**Music:**  Each school will provide their own music in an MP3 format. No CDs.

**Rotations:** Rotations will be emailed the week of the District meet.

**Entries:** Each school can compete a max of 6 athletes per event.

**Allocations:**

To State:

* 2 teams 3 AAs 10 Individuals

**Crowd Control:** Please limit to competitive athletes on the floor to those that are competing. Athletes that are not competing need to be in the stands.

**Belongings:** North Creek High School in not responsible for the safety of belongings. Athletes need to keep belongings with them. Please have the girls limit what they bring – no blankets, pillows, extra bags, extra backpacks etc.

**Photographers** are not allowed on the competition floor. They need to be in the stands or a walkway and not distracting, impeding or using flash photography. All photographers must have credentials and they must be visible.

**Time Schedule:** Random draw into sessions and rotations. Draw will be released Monday, 2/4.

* March out. Gymnasts will all present to all judges from the march out floor as a group. No one will address the judges at the individual events.
* Awards to follow the last event.

**session # 2: 5 teams** BYE-VA-BA-BM-FL

* 2:30 – 12:45 pm arrive get ready to open stretch 15 min
* 12:45 – 1:00 open stretch 15 min
* 1:00 - 1:15 march out
* 1:20 - 1:30 warm up first event 10 min (1 team on bye)
* 1:30 -1:45 compete first event 15 min
* 1:50 – 2:00 warm up second event 10 min (1 team on bye)
* 2:00 -2:15 compete second event 15 min
* 2:20 - 2:30 warm up third event 10 min (1 team on bye)
* 2:30- 2:45 compete third event 15 min
* 2:50 – 3:00 warm up forth event 10 min (1 team on bye)
* 3:00 – 3:15 compete forth event 15 min
* 3:20 - 3:30 warm up fifth event 10 min (1 team on bye)
* 3:30 – 3:45 compete fifth event 15 min
* 4:05 clear floor

**4A Districts Session 6 teams**  BYE-VA-BA-BYE-BM-FL

* 4:15 - 4:30 pm arrive get ready to open stretch 15 min
* 4:30 – 4:45 open stretch 15 min
* 4:45 - 5:00 march out
* 5:05 - 5:15 warm up first event 10 min (1 team on bye)
* 5:15 - 5:30 compete first event 15 min
* 5:35 – 5:45 warm up second event 10 min (1 team on bye)
* 5:45 - 6:00 compete second event 15 min
* 6:05 – 6:15 warm up third event 10 min (1 team on bye)
* 6:15 – 6:30 compete third event 15 min
* 6:35 – 6;45 warm up forth event 10 min (1 team on bye)
* 6:45 - 7:00 compete forth event 15 min
* 7:05 – 7:15 warm up fifth event 10 min (1 team on bye)
* 7:15 – 7:30 compete fifth event 15 min
* 7:35 – 7:45 warm up sixth event (1 team on bye)
* 7:45 – 8:00 compete sixth event
* 8:15 - start awards 30 min
* 8:45 - photos for district programs 10 min
* 9:00 - building clear