



MEDIA ALERT * MEDIA ALERT *** MEDIA ALERT *** MEDIA ALERT**

Contact:
March 14, 2005

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**Gymnasts to Compete at State Meet and
Qualify for Regional Competition**

SATURDAY, March 19, from 8:00 a.m. to 8:00 p.m.

SUNDAY, March 20, from 8:00 a.m. to 8:00 p.m.

(Session schedule is attached.)

WHAT: More than 1,000 athletes, coaches, judges and parents from all over the state will be coming together to watch as the state's top Level 9 & 10 gymnasts compete and qualify for regional competition. Level 9 & 10 gymnasts are on the cusp of the Elite/Olympic level, so this will be an exciting demonstration of gripping gymnastics action!

WHERE: EveryBody Fits
200 Fitness Court
Coppell, TX 75019
(behind Albertsons at the intersection of Denton Tap and Sandy Lake)

WHEN: Saturday, March 19, from 8:00 a.m. to 8:00 p.m.
Sunday, March 20, from 8:00 a.m. to 8:00 p.m.

SCHEDULE: Please see complete 9/10 State Meet schedule on next page.

RSVP: Please RSVP to Randa McMinn to receive your media kit. Media kit will include media badge, schedule, site map, free food/beverage voucher, and more.

(more)

2005 Level 9 & 10 State Championships Schedule

Saturday, March 19, 2005

Session 1 Level 10 A & B

| | |
|------------------------------|----------------------------------|
| 7:45 am – 8:00 am | Coaches Meeting |
| 8:00 am – 8:30 am | Stretch & Bar Sets |
| 8:30 am – 8:45 am | March in |
| 8:45 am – 12:35 pm (approx.) | Modified Capital Cup Competition |
| Individual Awards to follow | |

Session 2 Level 10 D

| | |
|-----------------------------|----------------------------------|
| 1:00 pm – 1:15 pm | Coaches Meeting |
| 1:15 pm – 1:45 pm | Stretch & Bar Sets |
| 1:45 pm – 2:00 pm | March in |
| 2:00 pm – 4:30 pm (approx.) | Modified Capital Cup Competition |
| Individual Awards to follow | |

Session 3 Level 10 C

| | |
|------------------------------------|----------------------------------|
| 4:45 pm – 5:00 pm | Coaches Meeting |
| 5:00 pm – 5:30 pm | Stretch & Bar Sets |
| 5:30 pm – 5:45 pm | March in |
| 5:45 pm – 8:00pm (approx.) | Modified Capital Cup Competition |
| Individual & Team Awards to follow | |

Saturday, March 19, 2005

Session 4 Level 9 A & B

| | |
|------------------------------|----------------------------------|
| 7:45 am – 8:00 am | Coaches Meeting |
| 8:00 am – 8:30 am | Stretch & Bar Sets |
| 8:30 am – 8:45 am | March in |
| 8:45 am – 12:05 pm (approx.) | Modified Capital Cup Competition |
| Individual Awards to follow | |

(more)

Session 5 Level 9 D

| | |
|-----------------------------|----------------------------------|
| 12:30 pm – 12:45 pm | Coaches Meeting |
| 12:45 pm – 1:15 pm | Stretch & Bar Sets |
| 1:15 pm – 1:30 pm | March in |
| 1:30 pm – 4:00 pm (approx.) | Modified Capital Cup Competition |

Individual & Team Awards to follow

Session 6 Level 9 C

| | |
|-----------------------------|----------------------------------|
| 4:30 pm – 4:45 pm | Coaches Meeting |
| 4:45 pm – 5:15 pm | Stretch & Bar Sets |
| 5:15 pm – 5:30 pm | March in |
| 5:30 pm – 8:15 pm (approx.) | Modified Capital Cup Competition |

Individual & Team Awards to follow

(Please note: schedules may vary due to competition flow.)

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