



Revised 11/8/19



USA GYMNASTICS.
Sanctioned Event

FINAL SCHEDULE

LEVEL 4 STATE CHAMPIONSHIPS

HOSTED BY: ACHIEVERS GYMNASTICS

LOCATION: SWISHER COURTS

501 E Swisher Rd

Lake Dallas, Texas 75065

***PLEASE NOTE THAT YOUR GYMNASTS WILL BE ASSIGNED TO AN AGE GROUP AFTER ALL ENTRIES ARE RECEIVED AND VERIFIED. AGE GROUP LISTS WILL BE PUBLISHED SOON.**

Continuous Modified Capital Cup Format
(1 Floor) - 2 Sets of Equipment

Saturday, November 23, 2019

Session 1 (60)
Level 4 – SR C 1/2/3

Open stretch – 8:00-8:20am
Intro/March in – 8:20-8:30am
Warm-up – 8:30-8:40am
Competition - 8:40-10:40am
Awards – 10:45-11:30am



Session 2 (60)

Level 4 – SR B 1/2/3

Open stretch – 11:20-11:40am
Intro/March in – 11:40-11:50am
Warm-up – 11:50-12:00pm
Competition – 12:00-2:00pm
Awards – 2:00-2:45pm

Session 3 (60)

Level 4 SR A 1/2/3

Open stretch – 2:30-2:50pm
Intro/March in – 2:50-3:00pm
Warm-up – 3:00-3:10pm
Competition – 3:10-5:10pm
Awards – 5:15-6:00pm

Session 4 (60)

Level 4 JR C 1/2/3

Avery (C1)

Open stretch – 5:50-6:10pm
Intro/March in – 6:10-6:20pm
Warm-up – 6:20-6:30pm
Competition – 6:30-8:30pm
Awards – 8:30-9:15pm



Sunday, November 24, 2019

Session 5 (60)

Level 4 JR B1/2/3

Sadie (B2)

Open stretch – 9:00-9:20am
Intro/March in – 9:20-9:30am
Warm-up - 9:30-9:40am
Competition – 9:40-11:40am
Awards – 11:45-12:30pm

Session 6 (60)

Level 4 JR A1/2/3

Chloe (A2) Clara (A3)

Open stretch – 12:20-12:40pm
Intro/March in – 12:40-12:50pm
Warm-up – 12:50-1:00pm
Competition – 1:00-3:00pm
Awards – 3:00-3:45pm



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Helpful Links:

Sport Support / formally Swisher Courts – Meet Location

Swisher Courts Home page: <http://ssacenter.com/>

City of Denton

Denton City Restaurant Suggestions & Attractions:

<http://www.discoverdenton.com/index.cfm>

Local Weather (type in Denton, TX): <http://www.weather.com/>



Your Host

Achievers Web Site: <http://www.achieversgymnastics.com/>

Look for Level 4 State link on home page

Meet Director:

Frank Kudlac – Frank.Kudlac@achieversgymnastics.com

Cell phone: 940-300-6891

Achievers Office: 940-484-4900

Host Hotel:

The reserved and recommended lodging for the competition:

Embassy Suites by Hilton

3100 Town Center Trail Denton, Texas 76201

940-243-3799 – FREE made to order Breakfast

FREE nightly evening reception

Be sure to ask for the Level 4 State Meet rate

[BOOKING – DIRECT LINK](#)

To receive the special rate, reservation must be made by October 21st!

Be sure to ask for the event rate! Mention USAG Level 4 State hosted by Achievers

Please call before October 21st to make your reservations.