



## Level 8/9/10 State Championships

March 22-24, 2024

**Coral Springs Gymnasium, 2501 Coral Springs Drive, Coral Springs FL**

American Twisters Gymnastics & USA Competitions is proud to host the 2024 Florida USA Gymnastics Level 8/9/10 State Championships. Please review the following items enclosed in this packet:

- **Club and General Information**
- **Competition Schedule**
- **Level 8 Age Group Breakdowns & Session Assignments**
- **Coaches Important Information, Host Hotel & Spectator Information**
- **Level 8 Regional Entry Information**

### ***ATTENTION COACHES!***

**Gym Rosters** will be emailed to each club with complete information, including session assignment and birth date information.

- **Check your team rosters for the correct spelling of your athletes' names and dates of birth!**
- Email corrections ASAP to [info@usacompetitions.com](mailto:info@usacompetitions.com)
- Should an athlete compete in a session other than the one designated by her birthday, her awards will be duplicated based on her group. These placements will not be published or announced and the scores may not contribute to the team total

### **USA Gymnastics Membership**

- Coaches: If you did not register attendance via Meet Reservations, you will not be listed on the sanction's official sign-in sheet. In that case, have proof of professional membership available for verification.
- All coaches will be required to sign the USA Gymnastics Coaches Sign In sheet
- Competing athletes and USA Pro members only allowed on the competition floor!

**Coaches Attire:** At State Meets and above, the following dress code will be in place (*USAG dress code rules*)

- Shoes—Closed toe athletic shoes
- Shorts—Athletic or tailored shorts with a 7" inseam
- Shirts—Collared or business casual with a gym logo. NO spaghetti straps, low cut tops or midriff revealing shirts
- Hats—No hats or visors are allowed to be worn
- Coaches who violate rules will be requested to leave the competition floor

**Awards Ceremonies:** Individual and All Around awards will take place within 5 minutes following the end of each session.

- Each session represents four different awards groups.
- Award groups are divided equally by birth dates. 50% + 1 awarded for Individual and All Around.

**Team Awards:** Take place following the final session for each level.

- **Team Divisions will be announced on Monday, March 11, 2024**
- Top five teams in each division will be awarded banners

**Spectator Admissions:** Adults (13+): \$21.00, Children (5-12): \$11.00. *Under 5 free. Cash Price is \$1.00 less*

**Coaches hospitality:** Lunch and dinner provided to coaches with back-to-back sessions during meal times. Grab & go snacks, coffee and bottled water provided to all coaches throughout the event.

If there is anything that we can do to assist you, please do not hesitate to contact us. We wish you and your athletes the very best Championship experience!

Randy Sikora  
Meet Director

Sharyn Strickland  
Director of Operations  
877-341-9007  
[Sharyn@usacompetitions.com](mailto:Sharyn@usacompetitions.com)

Shane Cummings  
Event Coordinator

Gary Anderson  
Floor Manager

# 2024 LEVEL 8/9/10 STATE CHAMPIONSHIP SCHEDULE



## Friday, March 22

<b>Session 1</b>	<b>Level 8</b>	9:00am	Stretch
<b>Age groups: 8, 9, 6, 5</b>		9:20am	Warm-up. Competition to follow
<b>Session 2</b>	<b>Level 8</b>	1:15pm	Stretch
<b>Age groups: 3, 15, 7, 14</b>		1:35pm	Warm-up. Competition to follow
<b>Session 3</b>	<b>Level 8</b>	5:30pm	Stretch
<b>Age groups: 10, 16, 13, 11</b>		5:50pm	Warm-up. Competition to follow

## Saturday, March 23

<b>Session 4</b>	<b>Level 8</b>	8:00am	Stretch
<b>Age groups: 1, 4, 2, 12</b>		8:20am	Warm-up. Competition to follow

**\*\* Level 8 Team awards at approx. 11:45am, following session 4\*\***

<b>Session 5</b>	<b>Level 10</b>	12:15pm	Stretch
<b>Born 11/18/2007 - 12/31/2020</b>		12:35pm	Warm-up. Competition to follow

<b>Session 6</b>	<b>Level 10</b>	4:45pm	Stretch
<b>Born 11/17/2007 and prior</b>		5:05pm	Warm-up. Competition to follow

**\*\*Level 10 Team awards at approx. 8:30pm, following session 6\*\***

## Sunday, March 24

<b>Session 7</b>	<b>Level 9</b>	8:00am	Stretch
<b>Born 9/1/2009 - 12/31/2020</b>		8:20am	Warm-up. Competition to follow

<b>Session 8</b>	<b>Level 9</b>	12:00pm	Stretch
<b>Born 4/1/2008 - 8/31/2009</b>		12:20pm	Warm-up. Competition to follow

<b>Session 9</b>	<b>Level 9</b>	4:00pm	Stretch
<b>Born 3/31/2008 and prior</b>		4:20pm	Warm-up. Competition to follow

**\*\*Level 9 Team awards at approx. 7:30pm, following session 9\*\***

## **\*\*SENIOR RECOGNITION CEREMONIES\*\***

**LEVEL 8:** Recognized at the Awards Ceremony for any graduating L8 Senior  
**LEVEL 10:** Recognized on the Competition Floor, following the last session on Saturday  
**LEVEL 9:** Recognized at the Awards Ceremony following the last L9 session on Sunday

**Session assignments are also listed on team rosters, emailed to each club.**  
**\*\*\*If there is an incorrect birth date and session assignment listed on your roster, please email [info@usacompetitions.com](mailto:info@usacompetitions.com) immediately, before the day of competition!\*\*\***

# FL USA GYMNASTICS LEVEL 8/9/10 STATE CHAMPIONSHIPS

## AGE GROUPS AND SESSION ASSIGNMENTS

### LEVEL 8

Age Group	Birth Date	Divisions	Session draw
<i>(group 1, youngest)</i>			
Group 1	3/1/2013	— 12/31/2020	4
Group 2	6/14/2012	— 2/28/2013	4
Group 3	1/18/2012	— 6/13/2012	2
Group 4	8/28/2011	— 1/17/2012	4
Group 5	5/18/2011	— 8/27/2011	1
Group 6	2/27/2011	— 5/17/2011	1
Group 7	11/29/2010	— 2/26/2011	2
Group 8	8/18/2010	— 11/28/2010	1
Group 9	4/30/2010	— 8/17/2010	1
Group 10	1/30/2010	— 4/29/2010	3
Group 11	10/15/2009	— 1/29/2010	3
Group 12	6/23/2009	— 10/14/2009	4
Group 13	2/14/2009	— 6/22/2009	3
Group 14	8/20/2008	— 2/13/2009	2
Group 15	12/16/2007	— 8/19/2008	2
Group 16	12/15/2007	— & Prior	3

**Please verify athlete's correct date of birth and session assignment on your club roster!**

### LEVEL 10

Age Group	Birth Date	Divisions	Session
Younger	11/18/2007	— 12/31/2020	5
Older	11/17/2007	— & Prior	6



### LEVEL 9

Age Group	Birth Date	Divisions	Session
Younger	9/1/2009	— 12/31/2020	7
Middle	4/1/2008	— 8/31/2009	8
Older	3/31/2008	— & Prior	9



For event info and results, visit us on the web  
[USACompetitions.com](http://USACompetitions.com)

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# COACHES INFORMATION—IMPORTANT!

**Coaches Sign In:** Please sign the official USA Gymnastics Coaches Sign-In sheet, located at the main computer scoring table inside the competition venue. If your name is not pre-printed on the sheet, sign the blank sheet and present proof of membership for verification (QR code).

**Scratches:** If you have scratches, please let the Floor Manager know. If you have any event scratches, please communicate that to the judges.

**Format:** After General Stretch all athletes will have a formal march-in on the floor exercise. Following introductions, Flight A will begin warming up their first event. Once Flight A starts competition, Flight B can begin warming up on their first event.

**Rotations:** We will be announcing all rotations. Please remain at your event until you hear the rotation announcement.

**Hospitality:** Grab & go snacks, coffee, and water available in the coaches hospitality area throughout the event. Lunch and dinner will be provided to coaches who are assigned back to back sessions during meal times.

**Floor Music:** Please turn in your floor music during general stretch. Make sure to retrieve your device!

**Meet Site:** Coral Springs Gymnasium, 2501 Coral Springs Drive, Coral Springs, FL 33065  
Ph: 954.345.2201 or 954.345.2107

**Parking is Complimentary!**



For event info [and](#) results, visit us on the web  
[USACompetitions.com](http://USACompetitions.com)

For Host Hotel Information, visit:

[Level 8/9/10 FL State Championships](#)

Scroll down for links to four host hotels

## Spectator Admissions

### Credit Card Price

\$21 / Adult (13 + up)  
\$11 / Child (5-12)  
(under 5 yrs. free)

### Cash Price

\$20 / Adult (13 + up)  
\$10 / Child (5-12)

**Many thanks to our sponsors!**



Thank you to Visit Lauderdale for sponsoring this event! Head to the [Visit Lauderdale website](#) to learn about all things Greater Fort Lauderdale. Don't forget to tag #VisitLauderdale in your pictures from the competition or from around town!