

# Gymnastics



*Register online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com)*

## GENERAL INFORMATION

**DATES:** Sunday, July 21, 2019

**SITE:** Capital City Gymnastics (5030 N 57<sup>th</sup> St, Lincoln)

**RULES:** USAG rules will apply, with the exception of awards.

**AWARDS:** Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three places in each level and age division. Participants registered for All Around are eligible to medal in All Around, as well as each individual event. Participants registered as specialists are only eligible to win medals in the events entered.

Sponsored by:



## EVENTS

Event Name	Event Code	Event Name	Event Code
<u>Girls Level 2</u>		<u>Girls Excel - Bronze</u>	
Vault	1	Vault	31
Uneven Bars	2	Uneven Bars	32
Balance Beam	3	Balance Beam	33
Floor Exercise	4	Floor Exercise	34
All Around	5	All Around	35
<u>Girls Level 3</u>		<u>Girls Excel - Silver</u>	
Vault	6	Vault	36
Uneven Bars	7	Uneven Bars	37
Balance Beam	8	Balance Beam	38
Floor Exercise	9	Floor Exercise	39
All Around	10	All Around	40
<u>Girls Level 4</u>		<u>Girls Excel - Gold</u>	
Vault	11	Vault	41
Uneven Bars	12	Uneven Bars	42
Balance Beam	13	Balance Beam	43
Floor Exercise	14	Floor Exercise	44
All Around	15	All Around	45
<u>Girls Level 5</u>		<u>Girls Excel - Platinum</u>	
Vault	16	Vault	46
Uneven Bars	17	Uneven Bars	47
Balance Beam	18	Balance Beam	48
Floor Exercise	19	Floor Exercise	49
All Around	20	All Around	50

#### Girls Level 6

Vault	21
Uneven Bars	22
Balance Beam	23
Floor Exercise	24
All Around	25

#### Girls Excel - Diamond

Vault	51
Uneven Bars	52
Balance Beam	53
Floor Exercise	54
All Around	55

#### Girls Optionals

Vault	26
Uneven Bars	27
Balance Beam	28
Floor Exercise	29
All Around	30

**SCHEDULE OF EVENTS:** A final schedule of events will be posted at [CornhuskerStateGames.com/Gymnastics](http://CornhuskerStateGames.com/Gymnastics) after the registration deadline.

**NOTE:** All levels and age divisions will be determined after all entries are in, and will be adjusted according to the number of entries in each level and age group.

## **JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 19!**

Make plans to join us on Friday, July 19 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

### **SPORTFEST | 4:30 – 7 P.M. | LINCOLN EAST HIGH SCHOOL**

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

### **OPENING CEREMONIES | 8 P.M. | SEACREST FIELD**

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

## **ATHLETE PACKETS & TEAM BOXES**

### **Choose the Shipping Option and get a Free Arby's Sandwich!**

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

## **REGISTRATION FEES & DEADLINES**

For pricing and dates, please check the Gymnastics web page.

**NOTE:** Participants who register for All Around DO NOT need to register for individual events. The entry fee covers all events for All Around participants.

**MULTI-EVENT DISCOUNT NOTE:** If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

**ENTRY FEE INCLUDES:** Competition in the 2019 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

**PAPER ENTRY FORMS:** Paper entry forms will be accepted with a \$5 processing fee. Registering online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) saves time, money and trees.

## **FURTHER INFORMATION**

**Sport Specific Questions:** Contact Gymnastics Director Duane West at (402) 464-9692.

**Online Registration/Website Questions:** Contact the Cornhusker State Games office at 402-471-2544 or [info@nebraskasportscouncil.com](mailto:info@nebraskasportscouncil.com).