



STERLING Gym
proudly presents:

meets.sterlinggym@gmail.com
978-422-ROLL
www.sterlinggym.com
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Let's Make A Deal

Feb. 5-7, 2016

Women's JO and Xcel Competition (all levels)
A USA Gymnastics Sanctioned meet

Compulsories and Xcel: \$55
Optionals: \$60
Team: \$35
(includes team photo)
(only \$25 w/o photo)

USA GYMNASTICS.
Sanctioned Event

The most entertaining meet in Region 6!

www.sterlinggym.com/gymnastics/meets2016/lmad16-info.pdf

Competition:	Women's JO Levels 1-10 and Xcel
Meet Director:	Michelle Carbone (michelle@sterlinggym.com)
Meet Entries:	email to meets.sterlinggym@gmail.com
Coach's Hospitality:	Good food available throughout the weekend
Location:	Sterling Gym, 15 Industrial Drive, Sterling, MA 01564
Entry Fee:	\$55.00 - JO Compulsory Levels and Xcel \$60.00 - JO Optional Levels \$35.00 - includes team photo (\$25 without photo) \$250 - Deposit to hold spot
Entry deadline:	November 2, 2015 (or when meet fills)
Refund deadline:	December 23, 2015
Scratch and level changes due:	December 23, 2015
Equipment:	AAI, Palmer spring floor and JF Vault onto resi
Format:	Modified Massachusetts Capital Cup
Schedule:	Friday through Sunday, Feb. 5-7, 2016
Team Photos:	Taken in studio before each session - arrive early! Prints and digital files available for purchase
Videos:	Provided by Gymnast Video and available to purchase on-site. www.gymnastvideo.com
Awards:	Ribbons, medals, coin banks and photo team awards
Admission:	\$5.00 for adults, \$3.00 for children and seniors
Parking:	Free with shuttle service (shuttle available only during inclement weather)
Host Hotel:	Great Wolf Lodge, Fitchburg, MA (www.greatwolf.com/new-england)