



www.sterlinggym.com/gymnastics/meets2019/lmad19-info.pdf

Competition:	Women's JO Levels 1-10 and Xcel
Meet Director:	Michelle Carbone (meets.sterlinggym@gmail.com)
Meet Entries:	email to meets.sterlinggym@gmail.com
Coach's Hospitality:	Good food available throughout the weekend
Location:	Worcester State University Wellness Center
Entry Fee:	\$110.00 - JO Levels 4-10 and Xcel XS-XD \$110.00 - JO Levels 1-3 and XB \$50.00 - includes team photo \$100 per level - Deposit to hold spot
Entry deadline:	November 14, 2018 (or when meet fills)
Refund deadline:	December 14, 2018
Scratch and level changes due:	December 14, 2018
Equipment:	AAI
Format:	Modified Massachusetts Capital Cup
Schedule:	Friday through Sunday, Feb. 1-3, 2019
Team Photos:	Taken in studio before each session - arrive early! Prints and digital files available for purchase
Awards:	Ribbons, medals, coin banks and photo team awards
Admission:	\$15.00 for adults, \$10.00 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)