



Ready or Not

hosted by Sterling Gym

Pre-Sectional Girls JO and Xcel Competition Nov. 21-22, 2015

A USA Gymnastics Sanctioned Competition



USA GYMNASTICS.
Sanctioned Event

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:	Snacks and drinks provided
Location:	Sterling Gym, 15 Industrial Drive, Sterling, MA 01564
Entry Fee:	\$36.00 - JO Compulsory Levels and Xcel \$40.00 - JO Optional Levels \$100 - Deposit to hold spot
Equipment:	AAI, Palmer spring floor and JF Vault onto resi
Format:	Modified Massachusetts Capital Cup
Schedule:	Saturday and Sunday, Nov. 21-22, 2015
Awards:	Ribbons
Admission:	\$4.00 for adults, \$3.00 for children and seniors
Parking:	Free
Session Schedule:	Session 1 - JO Levels 1-3 and Xcel Bronze Check in: 7:45 am March out: 8:20 am Awards: 10:00 am Session 2 - JO Levels 4-6 Check in: 10:30 am March out: 11:15 am Awards: 1:30 pm Session 3 - JO Levels 7-9 Check in: 2:00 pm March out: 2:45 pm Awards: 5:00 pm
Online:	www.sterlinggym.com/gymnastics/meets2015/readyornot.pdf