



Meet Location: 12 Olympic Way, Poughkeepsie, NY 12603

Meet Phone Number: (845) 473-3966

## FLIPPIN' INTO SPRING 2020

**PLEASE MAKE SURE YOUR PARENTS GET THIS INFORMATION AND THE DIRECTIONS SHEET!!**

Below is a listing of some important information for you, your coaches, your team parents and your athletes who will be attending our meet.

1. The doors to the gym will open 15 minutes before the time set for warm-ups. Due to parking restrictions please inform parents not to arrive any earlier than 15 minutes prior to their scheduled session – they will not be allowed in the building! We **strongly suggest** using the alternate parking directions as your means of parking for the meet. This way you can just park and walk over (Dutchess Center has ample parking for the meet). Our parking lot will not accommodate all vehicles and we share some of our lot with other businesses.
2. Only registered Athletes participating in each session and their Coaches will be allowed out on the floor. Everyone else will be asked to leave the floor and sit in the observation area.
3. Please remind all parents that flash photography is **strictly** prohibited for the safety of all participating in the meet.
4. Awards will follow each session. Photographs of the Athletes can be taken at that time.
5. Ties will be broken using the follow procedures:
  - a. Ties in the All-Around
    - i. The gymnast with the highest individual event score receives the award for the tied place.
6. We will have a food vendor on site. Cash **ONLY** for food.
7. Fine Designs will also be on site for all of your meet apparel.
8. We will also be doing gymnastics raffles and beanie grams for sale (\$3.00) for your gymnast (cash only).

9. **Admission price is \$13.00 for adults; \$6.00 for children 5-12 years old; \$6.00 senior citizens and under 5 years of age are admitted for free. Cash ONLY at door.**

**If you are attending multiple sessions due to siblings competing, please inform the check-in staff during first session of competition. We also have an immediate family cap so please inform check-in staff on how many you are paying for.**

Our goal is to make all our meets fun, safe, and successful for all athletes!! We look forward to you and your athletes participating in our home meet.