

MEGA Cup 2021

February 5th, 6th & 7th

Schedule

Friday, February 5 th	Saturday, February 6 th	Sunday, February 7 th
<p><u>Session 1</u> Levels 5 & 6 Doors Open: 7:45am Open Stretch: 8:00am 1st Timed Warm-up 8:20am</p> <p><u>Session 2</u> Level 7 Doors Open: 11:45am Open Stretch: 12:00pm 1st Timed Warm-up 12:20pm</p> <p><u>Session 3</u> Xcel Platinum & Diamond Doors Open: 3:45pm Open Stretch: 4:00pm 1st Timed Warm-up 4:20pm</p>	<p><u>Session 4</u> Levels 8 Doors Open: 7:45am Open Stretch: 8:00am 1st Timed Warm-up 8:20am</p> <p><u>Session 5</u> Level 9 Doors Open: 11:45am Open Stretch: 12:00pm 1st Timed Warm-up 12:20pm</p> <p><u>Session 6</u> Level 10 Doors Open: 3:45pm Open Stretch: 4:00pm 1st Timed Warm-up 4:20pm</p>	<p><u>Session 7</u> Xcel Silver & Gold Doors Open: 7:45am Open Stretch: 8:00am 1st Timed Warm-up 8:20am</p> <p><u>Session 8</u> Level 4 Doors Open: 10:45am Open Stretch: 11:00am 1st Timed Warm-up 11:20am</p> <p><u>Session 9</u> Level 3 & Xcel Bronze Doors Open: 1:45pm Open Stretch: 2:00pm 1st Timed Warm-up 2:20pm</p>

MEGA CUP Guidelines

- Doors open for each session 15min before the start of open-stretch. Please do not enter the building early, we will be cleaning the lobby and gym between sessions.
- Everyone must wear a mask at all times. Gymnasts may remove their masks when on an event.
- There will not be a fee for spectators.
- Only 1 parent will be allowed to stay per gymnast, no exceptions!
- Viewing for spectators is from our lobby and there will be chairs set-up for 6ft social distancing. Please do not move the chairs around the lobby.
- There will be no concessions. There is no eating in the gym or lobby. Everyone should bring their own water bottle.
- Gymnasts will need to keep their belongings with them at all times, including chalk. Gymnasts should leave winter coats and boots with parents.
- Once you arrive, parents stay in the downstairs lobby and gymnasts can go directly to the floors for open-stretch. There is no gymnast check-in.
- The upstairs lobby is closed to all spectators and gymnasts.
- Each gymnast will receive a t-shirt. Shirts will also be delivered to coaches for distribution.
- In order to help with social distancing guidelines, awards will not be handed out at the end of each session. Medals will be delivered the following week.
- We will announce the top 3 all-around gymnasts in each age group at the end of each session.
- Scoring can be followed in real-time on USAG.
- We will send zoom links for anyone who would like to watch online. The live stream for each session will not start until right before competition begins. We will only have sound when streaming floor rotations.
- Gymnasts are expected to use hand sanitizer often and between events. MEGA will provide hand sanitizer to use at each event.
- All mats will be cleaned between rotations.
- Once the meet is over, we do need everyone to leave the gym promptly so that we can clean lobby and gym for next session.