



Flip Into Fall
District 7 Qualifier
Meet Schedule



Saturday Sept. 25, 2021

Session ONE

Level 4A, Level 4P Sr. B, AND Level 5

Gyms in session: Jing's, Olympia, Full Force, Mavericks, CCAC, Love, Powerhouse TNT, TWG, Cornerstone, MJG, United

8:00 – 8:20 am Open Stretch/Bar Settings

8:20 – 8:30 am Introductions

8:30 – 10:45 am Warm-up/compete

Awards to Follow

Session TWO

Level 4P Jr. A, Jr. B and Sr A

Gyms in session: Full Force, MJG, Olympia, Love, Third Coast, United, Mavericks, CCAC, Cornerstone, Powerhouse TNT, TWG

11:45 am – 12:05 pm Open Stretch/Bar Settings

12:05 pm – 12:15 pm Introductions

12:15 pm – 2:30 pm Warm-up/Compete

Awards to follow

Session THREE

Level 3A

Gyms in session: TWG, SGA, United, GOSA, RCG, Mavericks

3:30 – 3:50 pm Open Stretch

3:50 – 4:00 pm Introductions

4:00 – 5:08 p.m. Warm-up Compete

Awards to follow

Hosted by: River City Gymnastics
103 Kneupper St.
Converse, TX 78109
210-946-8256
www.RiverCityGymnastics.info

Parents,
Please note that we will not be able to allow spectators in for a session until we have cleared the gym from the previous session and sanitized accordingly.
Please read parent letter provided at end of schedule for more information!

SATURDAY October 24, 2020

Session FOUR

Level 3P Sr. A and Sr. B

Gyms in session: MJG, TWG, Cornerstone, Powerhouse TNT, United, CCAC,

Mavericks, Olympia, Third Coast, Jing's, Love

6:00 – 6:20 pm Open Stretch

6:20 – 6:30 pm Introductions

6:30 – 8:00 pm Warm-up/Compete

Awards to follow

SUNDAY September 26

Session FIVE

Level 3 Jr A and Jr B

Gyms in Session: CCAC, Jing's, Olympia, United, MJG, Third Coast,

TWG, Powerhouse TNT, Love, Mavericks

8:00 am – 8:20 am. Open Stretch

8:20 – 8:30 am March In

8:30 – 10:30 am Warm-up/Compete

Awards to follow



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Level 3 P Age Groups	Start	End
Jr A	7/14/2013	12/31/2021
Jr B	12/13/2012	7/13/2013
Sr A	12/7/2011	12/12/2012
Sr B	1/1/1973	12/6/2011
Level 4 Age Groups		
Jr A	9/30/2012	12/31/2021
Jr B	9/28/2011	9/29/2012
Sr A	7/18/2010	9/27/2011
Sr B	1/1/1973	7/17/2010

SUNDAY SEPTEMBER 26

Session SIX

Level 1

Gyms in Session:

11:00 – 11:20 am Open Stretch/Bar Settings

11:20 – 11:30 am Introductions

11:30 am – 1:00 pm Warm-up/Compete

Awards to follow

Session Seven

Level 2 From following gyms

Gyms in Session: MJG, Jing's, Cornerstone, Third Coast

2:00 – 2:20 pm Open Stretch/Bar Settings

2:20 -2:30 pm Introductions

2:30 – 4:00 pm Warm-up/Compete

Awards to Follow

Session Eight

Level 2 From Following Gyms

Gyms in Session: Powerhouse TNT, Love, GOSA, United

5:00 – 5:20 pm Open Stretch/Bar Settings

5:20 -5:30 pm Introductions

5:30 – 6:40 pm Warm-up/Compete

Awards to Follow

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Parents,

We are excited to be hosting the Flip into Fall District Qualifier and want to welcome you to River City Gymnastics.

Below you will find some information that we hope will be helpful to you in making your experience as pleasant as possible.

Parking:

We encourage you to park in the field behind the gym. Please try to leave the parking spaces in our paved area for those with walking difficulty. Gate fees are \$10 for adults and \$5 for children under 12 and Seniors 60+. Please make sure to bring cash as we will not be able to accept credit cards.

Parent seating

Parents will be able to sit either in the back of the gym, closer to floor and vault or in the front of the gym closer to bars and beam. We encourage you to be ready to move with your athlete.

Throughout the competition, you are free to visit the bathroom and concessions, but you must adhere to social distancing and we ask that you wear a mask at all times.

When consuming snacks and drinks, remain socially distant from those around you. Please replace mask when not eating or drinking.

Competition

- Each team will wait until “rotate” is called before moving to next event.
- Coaches and athletes should not enter “buffer zone” around the judge’s tables.

Leaving the facility

- At the conclusion of the meet all spectators and athletes will exit through the designated exit.

Also please remember to support our parent club by purchasing food and drink from our concessions.

No outside food or drinks will be allowed for spectators.

Our host hotel for this meet is:

Best Western San Antonio East Inn & Suites

8669 I-10 East

Converse, TX 78109

210-661-8669

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Converse, TX 78109

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