



## 2016 Greensboro Gymnastics Invitational Athlete and Parent Guide

Welcome to the Greensboro Gymnastics Invitational hosted by Flip Force Gymnastics! This guide is designed to answer as many questions as possible, but please ask any of our event volunteers or staff if we have missed any important details. We want you to relax and enjoy the event and the Greensboro area while you are here!

### Venue Information

- The GGI is held in the **Greensboro Coliseum Special Events Center (SEC):  
1921 West Gate City Blvd., Greensboro, NC 27403**
- **Plan to pay for parking.** The parking fee is \$5. Remember to tell the attendant you are there for GGI, or you will get charged more!
- **PLEASE PLAN EXTRA TIME FOR PARKING AND TRAVEL!** The Ringling Brothers Circus is held annually at the Coliseum, and IS during our meet weekend. It can often take a long time to make it from the road into the parking lot.

#### **Circus event times are as follows:**

- 2/10 7:00 pm
- 2/11 11:00 am, 3:00 pm, 7:00 pm
- 2/12 1:00 pm, 5:00 pm
- **Tickets are available at the Special Events Center Box Office (located outside).**  
GGI Admission is **\$15/day for adults** (ages 11 & up) and **\$8/day for children** (ages 6-10). **Children 5 and under are free.**
- Weekend Pricing - \$ 25 for adults (ages 11& up) and \$15 for children (ages 6-10)
- Ticket Sales and the gates open at 7:15 AM
- Programs are available for \$5.
- Athletes will pick up their athlete gifts at a table near their awards area.
- Once inside the Special Events Center, athletes need to check-in at the tables in the lobby.
- Concessions are available for purchase inside the Special Events Center. No outside food or beverages are allowed, per Greensboro Coliseum rules. No concession items are allowed on the competition floor.
- To ensure the safety of the athletes, **NO FLASH PHOTOGRAPHY** is permitted during warm-ups or competition. This is a USA Gymnastics rule.
- Apparel, gifts, and other items will be available for purchase from vendors.
- The USA Gymnastics Codes of Ethics and Dress are in effect for all athletes, coaches, and officials. To review the USAG Code of Ethics, please visit: [http://usa-gymnastics.org/pages/aboutus/pages/code\\_of\\_ethics.html](http://usa-gymnastics.org/pages/aboutus/pages/code_of_ethics.html)



## **General Schedule of Events**

Friday, February 10	
8:00 am – 9:45 pm	Women's Competition
4:15 pm – 9:15 pm	Men's Competition
6:00 pm – 8:00 pm	PTT Open Warm Ups
Saturday, February 11	
8:00 am – 9:45 pm	Women's Competition
8:00 am – 8:45 pm	Men's Competition
8:00 am – 9:15 pm	PTT Competition
Sunday, February 12	
8:00 am – 9:15 pm	Women's Competition
9:00 am – 11:45 am	Men's Competition
8:00 am – 12:00 pm	PTT Competition

### **Registration opens daily at 7:15 am.**

\*Please see detailed schedule sheets for individual competition times. Awards follow each competition session for men's and women's gymnastics and each flight for power tumbling and trampoline.

### **Hotel Information** \*Please indicate Greensboro Gymnastics Invitational (GGI) when making your reservation

Holiday Inn Greensboro Coliseum  
 3005 West Gate City Boulevard  
 Greensboro, NC 27403  
[336.294.4565](tel:336.294.4565) phone  
[800.942.6556](tel:800.942.6556) toll free  
[Click here to book](#)

Wyndham Garden Greensboro (Newly Renovated!)  
 415 South Swing Road  
 Greensboro, NC 27409  
 Exit 213 off of I-40  
 Double or King Rooms \$99.00  
 Suites (Limited) \$149.00  
 Flip Force Gymnastics block  
[WYNDHAM.COM/HOTELS/49325](http://WYNDHAM.COM/HOTELS/49325)

Comfort Suites Four Seasons  
 3308 Isler Street  
 Greensboro, NC 27407  
 (336)235-4002  
 GGI Block  
 \$109 per night

### **Local Attractions**

Please visit the Greensboro Visitor's Bureau website for information about local attractions: <http://www.greensboronc.org/>



Flip Force Gymnastics, Flip Force Booster Club and the GGI are proud supporters of Big Brothers Big Sisters of the Central Piedmont