



PO Box 1634  
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[www.GreensboroGymInvite.com](http://www.GreensboroGymInvite.com)

## 2019 Greensboro Gymnastics Invitational Coaches' Guide February 27<sup>th</sup> – March 3, 2019

Welcome to the 10<sup>th</sup> Annual Greensboro Gymnastics Invitational (GGI) hosted by Flip Force Gymnastics. This year's GGI is a Nastia Liukin Cup Qualifying event, American Cup and Elite Team Cup.

Please take a moment to read over this Coaches' Guide to ensure you have all the information and schedules you may need. You will receive your complete Coaches' Packet when you arrive at the event, which will contain information and details specific to your sport. These packets are designed to give you all the necessary information, but if any concerns arise or you have any questions, please contact your Meet Director. We look forward to a wonderful event and hope you enjoy the event and the Greensboro area while you are here.

### Venue Location and Information

- The GGI will be held in the Greensboro Coliseum Special Events Center (SEC) 1921 West Gate City Blvd. Greensboro, NC 27403
- Nastia Liukin Cup, American Cup and Elite Team Cup will be held in the Greensboro Coliseum 1921 West Gate City Blvd. Greensboro, NC 27403

### Host Hotels

- Holiday Inn Greensboro Coliseum  
3005 West Gate City Boulevard  
Greensboro, NC 27403  
336.294.4565  
800.942.6556
- Wyndham Garden Greensboro  
415 South Swing Road  
Greensboro, NC 27409  
(Exit 213 off of I-40)  
336.299.7650  
855.680.3239

### General Schedule of Events – Women's Competition

8:00 am – 9:00 pm	<b>Wednesday, February 27</b>
8:00 am – 9:00 pm	<b>Thursday, February 28</b>
8:00 am – 6:00 pm	<b>Friday, March 1</b>
<b>7:00 pm - 10:00 pm</b>	<b>Nastia Liukin Cup (Main Coliseum)</b>
8:00 am - 11:00 am	<b>Saturday, March 2</b>
<b>11:00 am - 4:00 pm</b>	<b>American Cup (Main Coliseum)</b>
4:00 pm - 9:00 pm	<b>Saturday, March 2</b>
8:00 am - 6:00 pm	<b>Sunday, March 3</b>



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### General Schedule of Events – Men’s Competition

4:00 pm – 9:00 pm	Friday March 1
8:00 am – 11:00 am	Saturday March 2
<b>11:00 am – 4:00 pm</b>	<b>American Cup (Main Coliseum)</b>
<b>6:00 pm - 9:00 pm</b>	<b>Men’s Elite Team Cup (Main Coliseum)</b>
8:00 am - 6:00 pm	Sunday March 3

### General Schedule of Events – PTT

4:00 pm – 9:00 pm	Friday March 1
8:00 am – 11:00 am	Saturday March 2
<b>11:00 am – 4:00 pm</b>	<b>American Cup (Main Coliseum)</b>
4:00 pm – 9:00 pm	Saturday March 2
8:00 am – 6:00 pm	Sunday March 3

Registration opens daily at 7:15 am

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

### Competition Information – Women

**Format** – Modified Capital Cup

**Meet Director** – Sarah Myers

**USAG Levels** – Xcel, 2 – 10

### Competition Information – Men

**Format** – Capital Cup

**Meet Director** – Sasha Moussaev

**USAG Levels** – 4 – 10

### Competition Information – Tumbling and Trampoline

**Format** – Touch and Compete

**Meet Director** – Esau Huang

**USAG Levels** – 1 – Elite

### Check-In

- Upon arrival, all coaches should check in at the registration desk located in the lobby of the Special Events Center. Credentials and other information will be distributed at the registration table upon check-in. All coaches must have current USAG status, and present USAG badge at check in. All coaches must wear their GGI credentials always, especially while on the competition floor.
- **Coaches’ meetings will be held before competition begins** to go over any last minute information and address any questions or concerns. **Please arrive promptly.**



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### **Food Accommodations**

- If you are staying at one of the host hotels breakfast is available;
- The Coliseum SEC Hospitality Room is located upstairs in Rooms 7 & 8, overlooking the competition areas. This is where lunch and dinner will be provided during the event. The meal schedule will be on the back of your credentials;
- Snacks and beverages will be provided throughout the competition in the Judges' and Coaches' Snack area located just off the competition floor; and
- There will be a Reception for coaches and judges on Saturday evening, March 2<sup>nd</sup>. More information will be available at the meet.

### **Code of Ethics and Dress Code**

The USA Gymnastics Codes of Ethics and Dress are in effect for each athlete, coach and official. 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)

### **Weather Policy**

The GGI will not be cancelled due to inclement weather.

### **Greensboro Area Information**

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