

# Section 6A Gymnastic Meet

Saturday, February 12, 2022

Litchfield High School

12:00 p.m.



The Section 6A Gymnastics Meet will be held at Litchfield High School on **Saturday, February 12, 2022**. The meet is scheduled to begin at 12:00 p.m.. The gym will be available at 8:15 for stretching and bar settings.

**WARM-UP and COMPETITION Rotations:** Twelve minutes per team follows the sections 6A warm-up policies. Two minutes to rotate to the next event. This will be the same rotation for competition; a three minute touch will be allowed before each team competes.

## ROTATIONS:

Team#	Team Name	Time	Vault	Bye	Bars	Bye	Beam	Bye	Floor	Bye
1	Willmar	9:27-9:39	1	2	3	4	5	6	7	8
2	Benson/KMS	9:41-9:53	8	1	2	3	4	5	6	7
3	P-ville/EVW	9:55-10:07	7	8	1	2	3	4	5	6
4	NLS	10:09-10:21	6	7	8	1	2	3	4	5
5	Maple Lake	10:23-10:35	5	6	7	8	1	2	3	4
6	Litchfield	10:37-10:49	4	5	6	7	8	1	2	3
7	Morris Area	10:51-11:03	3	4	5	6	7	8	1	2
8	Annandale	11:05-11:17	2	3	4	5	6	7	8	1

**COACHES MEETING:** There will be a brief coaches and judges meeting at 11:20 in the hospitality room (4203) while the athletes change for March-in. Please inform your gymnasts to be prepared for March-in as quickly as possible. The March-In will begin at 11:45 with the competition at 12:00 p.m. There will be a three minute touch before competition begins.

**WARM-UP AREA:** The wrestling room will be available for stretching and there will be a beam for warm-ups. Coaches must accompany gymnasts in this area.

**ENTRIES:** Each team may have a minimum of five competitors per event; at least one gymnast must compete all-around. Please email your team roster/line-up by Monday, February 7th to Darcy Lease @ [dlease@isd465.org](mailto:dlease@isd465.org)

**COMPETITION:** Gymnasts will compete by teams. Only the 5 gymnasts competing and alternates are allowed in the competitive area. When all teams have finished competing in the flight, we will rotate. Please Stay at your event until all gymnasts have performed at each event. The announcer will let you know when it is time to rotate. The next team on bars and vault should reset as soon as the previous team is done competing. Each competitor is encouraged to complete equipment adjustments and be prepared to begin her routine while the judges are scoring the previous routine.

**JUDGES:** The Section 6A Meet will have eight judges and one judge acting as the meet referee.

**COACHES:** This is a Varsity State Meet Qualifier. Let's keep it at a high class level. Please leave all coolers, blankets, pillows, sleeping bags, slippers, etc. on our bus. They will not be allowed in the gym. The girls must be in their team warm-ups during march-in and awards following the meet.

**BAR SETTINGS:** Please complete your bar settings as soon as you arrive.

**RESULTS:** Following the competition of the meet, results will be tabulated and reviewed. First and second place trophies will be awarded. The first place team will advance to the state meet. The top three individual all around gymnasts and the next three individual gymnasts in each event will qualify for the state meet. Gymnasts must be in team warm-ups to receive their awards.

**REMINDER:** Coaches must verify their athletes names and scores before they leave the gym following the awards ceremony if they qualified for the state championship meet.

**EQUIPMENT:** Full Spring Floor, 1 AAI Reflex beam, AAI Uneven Bars, a Vault Table with round-off entry safety net. We have one mesh 4' mat (10'x 7') (stays at vault), we have a 2-8 inch mat (10'x5') one stays at bars and one stays at beam. We have a 10'x6' sting mat that is available for anyone to use.

**ADMISSION:** Adults: \$10.00 \* Students: \$5.00 Ticket sales at door. **Doors will open at 10:00 a.m.**

**TRAINER:** A certified trainer will be available at the meet beginning at 9:30 a.m.

**CONCESSIONS:** Will be available

**T-SHIRTS:** Already pre-ordered

**HOSPITALITY ROOM:** We will have a hospitality room in 4203 (signs will be posted) for all coaches and judges.

**LOCKER ROOMS:**

**High School Girls Locker Room**

Annandale  
Benson/KMS  
Willmar  
Litchfield

**High School Boys Locker Room**

Maple Lake  
Morris Area/Chokio-Alberta Tigers  
New London-Spicer  
Paynesville/EVW

**QUESTIONS:**

Justin Brown, AD \* [jbrown@isd465.org](mailto:jbrown@isd465.org) \* 320-693-2424 4115 \* cell: 507-382-5934

Sara Holmgren, Coach \* [sholmgren@isd465.org](mailto:sholmgren@isd465.org) \* 507-271-4978

**REMINDER: Please have your TEAM ROSTER to Darcy by Monday, February 7th.  
[dlease@isd465.org](mailto:dlease@isd465.org) Thank you!!**

**We are VERY EXCITED to see all of you and host this great event!!**

**Coaches: Sara Holmgren, Stacy Linsmeier & Courtney Cruze  
and The Litchfield High School Activities Department**

