

2019 *Washington State*

Rhythmic Gymnastics Championships

March 23rd & 24th , 2019



USA GYMNASTICS.
Sanctioned Event

HOST CLUB:



<http://www.lalunagym.com>

**HOST CLUB &
ORGANIZER**



La Luna Rhythmic Gymnastics Academy

Meet Director: Arzu Karaali, +1 (425) 681-4303

E-mail: karaaliarzu@gmail.com

DATES

March 23rd & 24th, 2019

PARTICIPANTS*

Washington State Levels 4-10 USA JO and FIG Categories.

***Invitational levels 3 and Xcel**

*Note: Level 9 gymnasts must compete all-around at State Meet to qualify for the new Level 9 Classic competition.

ENTRY FEES

Level 3/4 - \$80.00

Level 7-10 - \$130.00

Level 5/6 - \$105.00

Groups - \$25 per athlete

Xcel - \$20 per routine (Maximum \$60)

Entry Fees to be postmarked no later than February 23, 2019.

Late fee of \$25.00 will apply to entries after this date.

Submit One check per team payable to:

La Luna Rhythmic Gymnastics Academy

Mail To: **La Luna Rhythmic Gymnastics Academy**

11251 120th Ave NE, Ste #150

Kirkland, Washington 98033

Please include total # of gymnasts and the respective Level/Group

REGISTRATION

***ONLINE VIA USA GYMNASTICS VERIFICATION by Club**

Administrator. Please check to verify all gymnasts are

registered USA Gymnastics members, AND have competed

all-around at the minimum of 1 local competition. (see last

page for USA Gymnastics info)

***Registration Entries** to be received **by February 23, 2019**

Late fee of \$25.00 will apply to entries after this date.

Register on the KSIS Platform by **Feb. 23, 2019** using link:

http://rgform.eu/event.php?id_prop=1172

MP3, D-Forms will also be uploaded here



**D-FORMS
(Levels 7-10)**

D- Forms Levels 7-10: Upload D-Forms on KSIS platform by **March 16, 2019.**

\$20 late fee per form after this date.

MUSIC

Upload your MP3 music files by March 8th, 2019 onto the KSIS platform, using the event link below (or copy and paste link to your internet browser): http://rgform.eu/event.php?id_prop=1172

Please use the following file naming convention for the music: **Club Name - Athlete Name First and Last - Level - Apparatus**

Coaches are asked to have a CD copy available as a backup.

1 CD per gymnast per routine. Follow above naming convention.

APPARATUS

FIG categories: **FIG Jr Group:** 5 Hoops, 5 Ribbons;

Lv. 9/10 FIG Senior: Hoop, Ball, Clubs, Ribbon; **Lv 9/10 Jr:** Rope, Ball, Clubs, Ribbon; **Lv. 8:** Floor, Rope, Clubs, Ribbon; **Lv. 7:** Floor, Hoop, Ball, Clubs; **Lv. 6:** Floor, Rope, Hoop, Ribbon; **Lv. 5:** Floor, Rope, Hoop, Clubs; **Lv. 4:** Floor, Rope, Ball; **Lv. 3:** Floor, Hoop, Ball

ADMISSION

Adult \$25/ day or \$40 / for 2 days

Senior (65 years and up) \$15/ day *or* \$25 for 2 days

\$5 Child (12 years and younger) / day

VENUE**Redmond High School**

7272 NE 104th ST

Redmond, WA 98052

[MAP](#)



26+ ft ceiling ■ Regulation competition carpet ■ 2 warm up carpets

SCHEDULE

Tentative schedule will be announced approximately 2 weeks prior to the Meet, according to registrations.

HOST HOTEL**Seattle Marriott Redmond**

7401 164th Avenue NE,

Redmond, WA 98052

ReservationDesk.com: +1 833-220-4329



Instructions for USA Gymnastics Registration

Athlete and coach registration MUST be submitted *BY CLUB ADMINISTRATOR* through USA Gymnastics website.

1. Once you are logged in to an administrative account, select: Member Services
2. Click on Club Administration in the column to the left
3. Select: Meet Reservations
4. Click on: Search for Competitions
 - a. Select "Rhythmic" discipline
 - b. Select meet type "State"
 - c. Select "WA" as the State
5. Register for **2019 Washington State Championships**
6. Please select all gymnasts and coaches that will be attending the competition and select: Submit

PLEASE NOTE: Online registration does not guarantee that gymnasts are registered. Registration is only considered complete when payment has been received by the meet director.

