



LA USAG Upper Level State Meet

March 16-18, 2018

Competition Schedule

DOB DETAILS - 3/12/18

Friday, March 16, 2018	Saturday, March 17, 2018	Sunday, March 18, 2018
<p style="text-align: center;">Session 1 Xcel Gold</p> <p>10:00 AM Stretch 10:10 AM Coaches Meeting 10:20 AM Opening 10:30 AM Warm Up/Compete Awards: 1:00 PM</p> <p style="text-align: center;">Session 2 Xcel Silver Younger Age Divisions A-F DOB On or After 10/15/06</p> <p>1:30 PM Stretch 1:40 PM Coaches Meeting 1:50 PM Opening 2:00 PM Warm Up/Compete Awards: 4:30 PM</p> <p style="text-align: center;">Session 3 Xcel Silver Older Age Divisions G-K DOB On or Before 10/14/06</p> <p>5:00 PM Stretch 5:10 PM Coaches Meeting 5:20 PM Opening 5:30 PM Warm Up/Compete Awards: 8:00 PM</p>	<p style="text-align: center;">Session 4 Level 6 (Older) & Level 8 Level 6 Age Divisions G-H DOB On or Before 2/8/05</p> <p>9:00 AM Stretch 9:10 AM Coaches Meeting 9:20 AM Opening 9:30 AM Warm Up/Compete Awards: 12:00 PM</p> <p style="text-align: center;">Session 5 Level 6 Younger Age Divisions A-F DOB On or After 2/9/05</p> <p>12:30 PM Stretch 12:40 PM Coaches Meeting 12:50 PM Opening 1:00 PM Warm Up/Compete Awards: 4:30 PM</p> <p style="text-align: center;">Session 6 Levels 9, 10 & Xcel Platinum</p> <p>5:00 PM Stretch 5:10 PM Coaches Meeting 5:20 PM Opening 5:30 PM Warm Up/Compete Awards: 8:15 PM</p>	<p style="text-align: center;">Session 7 Level 7</p> <p>9:00 AM Stretch 9:10 AM Coaches Meeting 9:20 AM Opening 9:30 AM Warm Up/Compete Awards: 12:00 PM</p> <p style="text-align: center;">Session 8 Xcel Bronze Younger Age Divisions A-F DOB On or After 6/13/08</p> <p>12:30 PM Stretch 12:40 PM Coaches Meeting 12:50 PM Opening 1:00 PM Warm Up/Compete Awards: 3:00 PM</p> <p style="text-align: center;">Session 9 Xcel Bronze Older Age Divisions G-L DOB On or Before 6/12/08</p> <p>3:30 PM Stretch 3:40 PM Coaches Meeting 3:50 PM Opening 4:00 PM Warm Up/Compete Awards: 6:00 PM</p>

Host Hotel

Best Western Plus Westbank
1700 Lapalco Blvd.
Harvey, LA 70058
504 366-5369 or 866 871-5369
Group Name: USAG LA State Gymnastics Meet
Rate: \$112.63/nite
Free Hot Breakfast Buffet

Venue

Alario Center - Hall C
2000 Segnette Blvd.
Westwego, LA 70094
No outside food or drink allowed.
Bags may be checked
Metal detectors may be used.
Admission Fees

13 & Up \$10.00	Weekend Pass \$15.00
12 & Under	FREE