



**Aerials
Gymnastics
Team**



GREATER
PHILADELPHIA
**EXPO
CENTER**
AT OAKS



USA GYMNASTICS.
Sanctioned Event

HOST SITE

Greater Philadelphia Expo Center
100 Station Avenue
Oaks PA 19456
484.754.EXPO voice
www.phillyexpoctr.com website

GIRLS HOST GYM

Aerials Gymnastics Center
The Shoppes at Valley Forge
238 Schuylkill Road, Route 23
Phoenixville, PA 19460
610.983.9044 voice
info@libertycup.net email
rob@aerialsgymnastics.com

BOYS HOST GYM

Roth's CrossPoint Gymnastics
Naamans Creel Business Park
7 Creek Parkway, Boothwyn, PA 19061
610-497-1777 voice
crosspointgym@gmail.com email

Dear Participating Gyms and Coaches,

We are looking forward to having you join us for the 2019 Liberty Cup Gymnastics Competition.

For navigation and smart phone directions; Greater Philadelphia Expo Center, 100 Station Ave, Oaks, PA 19456. Once inside the Oaks complex, follow Station Avenue, past Target, the Regal Movie Theater, Lowes and BJ's around to Expo Center Building. The Liberty Cup Gymnastics Competition is in Building C.

- ✓ Ample parking is located right in front and on the side and is a short walk to the entrance door.
- ✓ General Awards: Awards are given out to 50% percent in each age division within each session. In the event of a tie, each gymnast is awarded the place for which they tied in. The next award place is then determined by adding the number of gymnasts who had tied for the previous place onto the end of that position. Example: If there is a four way tie for 3rd, the next place to be announced will be 8th place. If there was a two way tie for 1st, the next place to be announced would be 3rd.
- ✓ Team Award Banners: We will still be going out 50% when awarding team banners and at a minimum 1st, 2nd and 3rd place. In the case of an odd number of teams, we would add 1 place.
- ✓ All-Around (AA) Tie Breakers: In the event of a tie for AA placement, the gymnast with the highest individual event score receives the trophy / medal for that place and the other gymnast receives the trophy / medal for the next place. However, both gymnasts are announced as placing at the same position. The next place to be awarded is then skipped and awards continue to be given out as normal. Example: Both gymnasts tie for 1st place AA, however, gymnast A has a score higher on beam. Gymnast A would receive the 1st place trophy and gymnast B would receive the 2nd place trophy. However, both gymnast A and B would be announced as a tie for 1st place AA. Second place AA would then be skipped, and the next gymnast to be announced would receive 3rd place AA, no second place all-around would be given.
- ✓ Outstanding Performance Award: This award is given to the individual in each level within a session that has the highest event score. In the case of a tie, the gymnast AA score is used as the tie breaker.
- ✓ The Liberty Cup equipment: Supplied by Mancino Mfg. Representatives of Mancino will be on hand. Please feel free to speak to them at anytime about the equipment.
- ✓ Saturday and Sunday sessions are modified Capital Cup style with 2 sets of bars, 2 beams and 2 vaults and 1 Competition Floor. We will be doing bump-in warm ups on the competition floor in between competition judgments. There will be a 2 judge panel for USAG level 3 -10 and Xcel Gold, Platinum, Diamond. Additional sessions on Friday, traditional competition format, with a 1 judge panel, December 6, Level 2 and Xcel Silver.
- ✓ Sign-In: Once inside, athletes and coaches will be directed to the sign in table to the right. Other guests will pay the appropriate admission fee for a day pass wristband for entry to the event. **CASH ONLY** admission to the competition venue is \$20 for adults \$30 for a weekend pass, \$6 for children ages 5-18, and free for children under 5 and ACTIVE MILITARY. **Please bring extra \$1's or correct change for quick admission. Please share this with your visiting guests so we can keep the line moving.**
- ✓ Scoring: For Girls, we will be using ProScore for our scoring. Scores will also be posted live on meetscoresonline.com. and beyondthescores.com for the boys. All scores will be displayed by projector on a wall of the arena during the competition.
- ✓ Internet service is **NOT** provided by the arena.
- ✓ Hospitality: The Coaches/Judges hospitality will be available in the lounge marked **Officers' Mess Hall**. This area is for Coaches and Judges only, please no gymnasts or parents in the hospitality area.
- ✓ Team Photo: Team Photo will be on site taking pictures of your gymnasts on both floor and beam, as well as, during march in and other candid photos.
- ✓ **Coaches, your digital music device must have a screen so we can see the music selection.**
- ✓ Make sure you bring enough coaches to process your athletes as indicated on the attached schedule. **MORE THAN 6 ATHLETES REQUIRE 2 COACHES. NO CHANGES WILL BE MADE ON THE FLOOR FOR TEAMS THAT FAIL TO BRING ENOUGH COACHES.**
- ✓ Your roster is available on the USAG website. Please review them carefully. If your team is split into two or more squads, you can arrange your gymnasts within the squads as you wish. Please let us know if there are any changes.
- ✓ Please bring your USAG cards for check-in.

If there is anything we can do, please don't hesitate to ask. Once again, we appreciate your attendance.

Good health and God Bless,
Rob Axelrod, Linda Barclay, Rick Palumbo, Meet Directors

USAG Women's Competition Schedule



Friday, December 6, 2019

Washington Area

(Modified Capital Cup)



Session I, Level 9/10

8:30 AM Registration / 9:00 AM Open Stretch

Session II, Level 8

12:00 PM Registration / 12:25 PM Open Stretch

Session III, Level 7

2:30 PM Registration / 3:10 PM Open Stretch

Session IV, Level 6

5:30 PM Registration / 6:00 PM Open Stretch

Franklin Area

(Traditional Format)



Session 1B, Xcel Silver

(Aerials, CrossPoint, Gravity Elite, Spirit)

11:30 AM Registration / 12:00 PM Open Stretch

Session 2B, Xcel Silver

(Centre Elite, Nook, Olympiad, Precision, Stick It)

1:30 PM Registration / 2:05 PM Open Stretch

Session 3B, Level 2

3:45 PM Registration / 4:10 PM Open Stretch

Session 4B, Level 2

5:45 PM Registration / 6:15 PM Open Stretch

Saturday, December 7, 2019

Washington Area

(Modified Capital Cup)



Session V, Level 3A

(Centre Elite, EnVision, GymOlympic, Health Quest, Liberty Bell, Upper Merion)

7:30 AM Registration / 8:00 AM Open Stretch

Session VI, Level 3B

(Aerials, Baltimore County, Champions Unlimited, Energy, Main Line, Nook, Olympiad)

9:45 AM Registration / 10:15 AM Open Stretch

Session VII, Level 4A

(Aerials, Baltimore County, CrossPoint, Centre Elite, Parkettes)

12:00 PM Registration / 12:30 AM Open Stretch

Session VIII, Level 4B

(Athletic Edge, Energy, EnVision, GymOlympic, Liberty Bell, Nook, Olympiad)

3:00 PM Registration / 3:30 PM Warm Up

Session IX, Level 4C

(Centre Elite, Main Line, Spirit, Stallone, Upper Merion)

4:45 PM Registration / 5:20 PM Open Stretch

Sunday, December 8, 2019

Washington Area

(Modified Capital Cup)



Session X, Level 5

7:30 AM Registration / 8:00 AM Open Stretch

Session XI, Xcel Gold

9:45 AM Registration / 10:15 AM Open Stretch

Session XII, Xcel Platinum / Diamond

12:45 PM Registration / 1:20 PM Open Stretch

Coaches Please Read . . .

- ✓ **Coaches, your digital music device must have a screen so we can see the music selection.**
- ✓ **All registration and warm-up times can be a few minutes later than scheduled depending on the prior sessions activity. Plan accordingly.**



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pit fluffing systems

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2019 Liberty Cup Men's Invitational

Greater Philadelphia Expo Center, Oaks PA 19456

Saturday, December 7th

Session 1: Level 4D1 and Level 4D2

Registration 7:45am, Stretch 8am, Warm up 1st Event 8:20am

Session 2: Level 6D1 and Level 6D2

Registration 11:45am, Stretch 12pm, Warm up 1st Event 12:20pm

Session 3: Level 9 and Level 10

Registration 3:45pm, Stretch 4pm, Warm up 1st Event 4:20pm

Sunday, December 8th

Session 4: Level 5D1

Registration 7:45am, Stretch 8am, Warm up 1st Event 8:20am

Session 5: Level 5D2, Level 7D1 and Level 7D2

Registration 11:45am, Stretch 12pm, Warm up 1st Event 12:20pm

Session 6: Level 8 and All JD

Registration 3:45pm, Stretch 4pm, Warm Up 1st Event 4:20pm



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