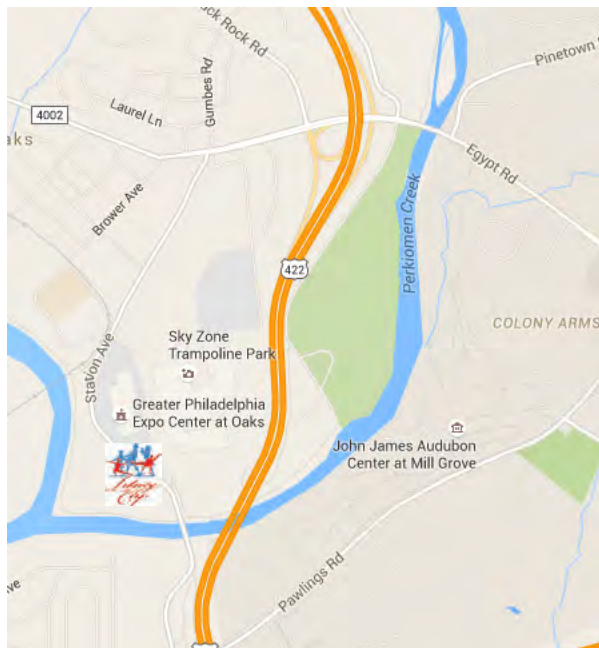




## Notes for guests and coaches of the 2019 Liberty Cup



Official address for navigation and directions:  
 Greater Philadelphia Expo Center  
 100 Station Ave, Oaks, PA 19456  
 phillyexpocenter.com

Once inside the Oaks complex, follow Station Avenue, past Target, the Regal Movie Theater, Lowes and BJ's around to Expo Center Buildings

The Expo Center has 3 areas under one roof. Areas A, B, and C.

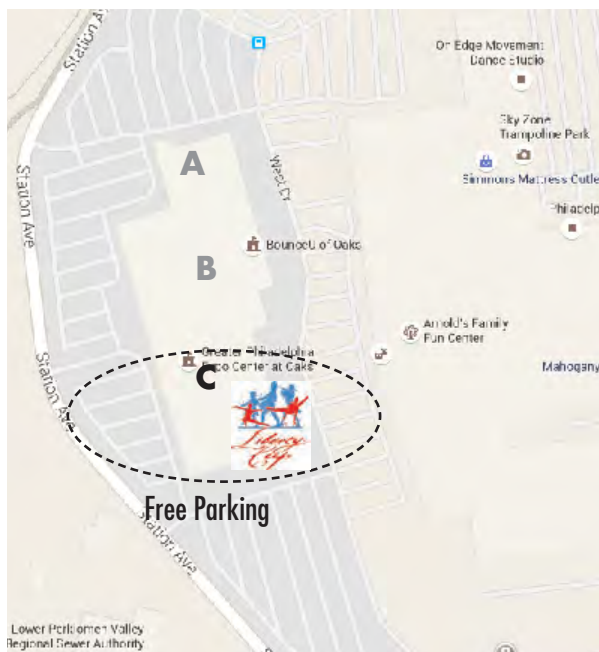
### The Liberty Cup is in Building C.

Ample parking is located right in front and on the side and is a short walk to the entrance door.

Once inside athletes and coaches will be directed to the sign in table. Other guests will pay the appropriate admission fee for a day pass wristband for entry to the event.



**Aerials  
Gymnastics  
Team**



### Cash Only.

### Please bring \$1's to speed your entry.

Thank you for your support.

Adults \$20.00 single day

Adults \$30 weekend pass

Children (18 and under), \$6.00

Children under 5 & active military, No charge

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.

A large variety of GYMNASTICS THEMED custom T-Shirts and Hoodies, as well as unique leotards from Quatro ([www.quatrogymnastics.com](http://www.quatrogymnastics.com)) will be available for purchase just in time for the holiday.

**COMPETITION SITE**  
 Greater Philadelphia Expo Center  
 100 Station Avenue  
 Oaks PA 19456  
 484.754.EXPO voice  
[www.phillyexpocenter.com](http://www.phillyexpocenter.com) website

**Host Gym Girls**  
 Aerials Gymnastics Center  
 610.983.9044 voice

**Host Gym Boys**  
 CrossPoint Gymnastics Center  
 610.497.1777 voice

info@Libertycup.net email  
 Rob@aerialsgymnastics.com  
[www.Libertycup.net](http://www.Libertycup.net) website

**A word from James Lucas, Nastia's Liukin's Agent. Mr. Lucas controls all activities and schedule for Nastia including all the fund raising activities.**

\*) There's a fundraising requirement of \$250 raised to attend a session.

\*) The event with Nastia is broken into 2 sessions, the first at 8 am at Aerials and the second at 11:15 am in Oaks PA, the site of the Liberty Cup.

\*) Melissa (James Lucas' assistant) will divide all those who raised \$250 into one of the sessions based on when they compete so there's no conflict.

\*) All the incentives that fund raisers can earn is here,

<https://lsiweb.org/libertycupwithnastia.org/incentive-prizes/>

\*) The only way to meet Nastia is to be a fundraiser.

Additional Info contact: [lucas-sports@comcast.net](mailto:lucas-sports@comcast.net)

# 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.**

updated 11/8/2019



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USA GYMNASTICS.  
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**HOST SITE**  
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Oaks PA 19456  
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www.phillyexpocenter.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



## 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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Team**



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