

All Around News

UPCOMING EVENTS

LEVEL 8 REGIONALS

Tampa, Florida

2004

April 16 - 18

HOST CLUB

LIGHTNING CITY GYMNASTICS
and City of Tampa Rec. Dept.
Tim Keckler

(813) 558-0035 phone
(813) 558-0038 fax

14214 N. Nebraska Avenue
Tampa, FL 33613

Email: LCGymnasts@aol.com

Web Site: www.lightningcity.com

AIRPORT

Tampa International

[TPA]

[ten minutes from meet]

COMPETITION SITE

TAMPA CONVENTION CENTER

333 South Franklin Street
Tampa, Florida 33602

AAI Elite Equipment -
Lightning City Gymnastics

Capitol Cup Format

SCHEDULE

Friday April 16

8:00 a.m. - 4:00 p.m.

Open Training Day

(advanced sign-up required)

4:00 p.m. - 10:00 p.m.

Level 8 individual competition Session 1

Saturday April 17

Level 8 individual competition Sessions 2 & 3

Team Competition Session 4

Sunday April 18

Level 8 individual competition Sessions 5 & 6

Final Schedule Posted at

www.Region8Gymnastics.org

by 3/31/04 (last Level 8 State Meet 3/27/04)

HOST HOTELS

WYNDHAM WESTSHORE HOTEL

4860 W. Kennedy Boulevard
Tampa, FL 33609
813-286-4400

Room Rate \$80.00 up to 4 people

Ask for USAG Level 8 Region Championship

Located 10 minutes from meet site
and 5 minutes from airport.

Across from Large Westshore Shopping Mall

WYNDHAM HARBOR ISLAND HOTEL

725 S. Harbor Island Boulevard
Tampa, FL 33602-5707
813-229-5000

Room rate \$89.00

Ask for USAG Level 8 Region Championship

Located 1 minute (walking distance) from meet site
and 10 minutes from airport

LEVEL 8 ALTERNATES: Please call your State Chair or Deb Kornegay if you have a scratch.

Alternates for all-star (individual) slots will be replaced up to 48 hours before the start of timed warm-ups for the first competitive session, which is 4:00 P.M. Friday. Therefore **no all-star (individual) alternates will be added after 4:00 P.M. Wednesday.**

Team alternates will be added up to the beginning of timed warm-ups of the first session.

If a state does not have sufficient numbers to fill their assigned percentage numbers the Regional Chairman will notify the highest all-star (individual) from state meet results from all eight states to fill available slots.