#### **Parent's Information**

Parking is next to the Conference Center or next to the Hotel. Admission to this year's event will be \$17.00 for Adults and \$7.00 for children under 12. Coaches & Competing gymnasts will not be charged. Entrance is between the Conference Center and the Sheraton at the Falls. Conference Center Niagara Falls address: 101 Old Falls Street, Niagara Falls, NY 14303 If you arrive extra early, there may be the session ahead of you still going and there may not be a seat until the session is finished.

#### **Hotel Information**

The Host Hotel will be the **Sheraton at the Falls** Niagara Falls. Phone the Hotel directly at 716-285-3361. Mention the Graffiti, cost is \$82.00 per night, plus taxes and fees. Hotel is walking distance to the Falls & Seneca-Niagara Casino, with indoor pool & restaurant. Host Hotel is directly across from the meet.

A second Hotel will be the **Wyndham Garden** Niagara Falls. Phone the Hotel directly at 716-278-2601.

#### **Competition Times**

Coaches please check the times that your gymnasts compete. Some schools had to be split into **two squads, please bring extra coaches, we will not change squads during the coaches meeting.** The competition will be warm-up on the competitive set of equipment with no touch time. Floor will touch in between, with a tumbling strip next to floor for warm-ups. Bar sets will be only 15 minutes, please make sure your gymnasts are on time! Final Competition numbers and competition order will be available the day of the meet.

#### **Event Finals**

Event Finals will be Saturday night, the top 8 in levels 8, 9 and Diamond will qualifiy. Also all the level 10 & Sapphire will qualifiy. There is no cost for this competition, just door fees.

#### **Parking**

Surface parking is available on both sides of the Conference Center

#### **Questions**

If I have left any information out or you require additional information please call us at (716) 433-8811 or **www.FlipKids.com** 

## Friday January 20th, 2023

Session #1 Level 7 & Diamond 3:00 P.M.

Doors open at 2:45, 3:00 Coaches Meeting 3:15 Compete
Individual & Team Awards to follow

### Friday January 20th, 2023

Session #2 Level 1 & 25:30 P.M.\* Competition will be on far equipment\*

5:30 Coaches Meeting 5:45 Compete Individual Awards to follow

## Friday January 20th, 2023

Session #3 Level 8, 9, 10 & Sapphire 6:30 P.M.

6:30 Coaches Meeting 6:45 Compete Individual & Team Awards to follow

## Saturday January 21st, 2023

**Session #4 Gold 8:00 A.M.** 

Doors open at 7:30, 8:00 Coaches Meeting 8:15 Compete Individual & Team Awards to follow

## Saturday January 21st, 2023

Session #5 Level 4 11:30 A.M.

11:30 P.M. Coaches Meeting 11:45 Compete Individual & Team Awards to follow

#### Saturday January 21st, 2023

Session #6 X-Cel Platinum 3:00 P.M.

3:15 P.M. Coaches Meeting 3:30 Compete Individual & Team Awards to follow

### Saturday January 21st, 2023

Session #7 Event Finals 8-10, Diamond & Sapphire 6:30 P.M.

6:45 P.M. Coaches Meeting 7:00 Compete Individual Awards to follow

#### Sunday January 22nd, 2023

Session #8 Level 5 & 6 8:00 A.M.

Doors open at 7:30, 8:00 Coaches Meeting 8:15 Compete Individual & Team Awards to follow

### Sunday January 22nd, 2023

Session #9 X-Cel Silver 11:00 A.M.

11:15 A.M. Coaches Meeting 11:30 Compete Individual & Team Awards to follow

#### Sunday January 22nd, 2023

Session #10 Level 3 & Bronze 2:00 P.M.

2:00 P.M. Coaches Meeting
2:15 Compete
Individual & Team Awards to follow

#### Sunday January 22nd, 2023

Session #11 Level 3 5:00 P.M.

3:00 P.M. Coaches Meeting 3:15 Compete Individual & Team Awards to follow