



April 19-21st, 2024

**Alliant Energy PowerHouse/ DoubleTree
Hotel and Convention Center**

370 – 1st Ave NE Cedar Rapids, IA

Hosted by Iowa Gym-Nest

- Silver, Gold, Diamond, Platinum and Sapphire Xcel divisions must qualify or petition in the AA or as an IES.
- Modified Non-Traditional – 2 sets of equipment (one floor) – A & B, (judges move back and forth).
- Timed warm up followed by competition on Side A.
- Side B begins to warm up when Side A begins competition.
- No 30-second touch warmup.
- Order of competition is a random draw by athlete & team.
- 2-judge panels.
- No State Team, Super Team or Club Team competition are held.

Qualification Procedures

- Athletes must qualify at their State Championship Competition by achieving the qualifying score:
 - Silver: 35.50 All-Around
 - Gold: 34.00 All-Around
 - Platinum: 33.50 All-Around
 - Diamond: 33.50 All-Around
 - Sapphire 33.50 All-Around
 - Individual Event Specialist Score: 9.0 per event, maximum 3 events.
- An athlete who can not compete in her State Championship Competition due to **illness or injury** can petition to enter the Regional Competition by following the procedures outlined in USA Gymnastics Rules & Policies.

Entry Procedures

- Register all professional members and athletes through the USA Gymnastics Meet Reservation System – Registration is currently open.
 - [USAG Sanction](#)
- All payments for Regionals will be done electronically with Meet Maker
 - COST IS \$110 per athlete for each division
- Register ALL athletes who may qualify to Regionals and plan to attend before February 1st. This will allow the start of the planning process for Regionals.
- At State Meet, scratch athletes that have not qualified after each session. DO NOT PAY FOR THE ATHLETES UNTIL THE SUNDAY OF STATE MEET AND PAY FOR THEM ALL AT ONCE.
- Register all coaches that may attend Regionals. All coaches must be on the reservation. **Failure to register by Wednesday before Regionals will result in a \$100 per coach onsite penalty.**
- Registrations not paid for by 11:59pm on the Monday after State Meet will be charged a \$25 per athlete late fee.

Refund Policy

- Refunds due to illness or injury will be awarded up to two (2) weeks prior to the start of the Regional Meet with appropriate physician note. Scratches should be done on Meet Maker & USAG Meet Reservation and a refund request should be emailed to the following:

- RXCC – Megan Bankole at region4xcel@gmail.com
- Xcel Region 4 Championship Meet Director- Jill Hanna at jillb@iowagymnest.com

Xcel Petitions

- Register petitioning athletes on the USA Gymnastics Reservations System when entering your athletes. Pay for your petitioning athletes at the State Meet with the rest of the qualifying athletes. If a petition is not approved the entry fee will be refunded via check.
- Athletes not competing in State Meet should email all required petition documentation prior to State Meet. If injured at the State Meet, coaches must email an intent to petition by the Monday following State Meet. All required petition documentation must be completed and emailed by the Wednesday following State Meet.

Email:

- RXCC – Megan Bankole at region4xcel@gmail.com
- Xcel Region 4 Meet Director – Jill Hanna at jillb@iowagymnest.com

Petition Rules

- Gymnasts unable to compete at the State Championships or unable to compete in the All-Around (AA) at State Championships, due to injury or illness can be petitioned to Regionals. This includes AA athletes who are unable to compete on all four (4) events at State Meet, and IES that cannot compete on their selected event(s). Please note, petitions cannot be done if the athlete has competed on all four (4) events at the State Meet.

- The athlete can directly enter the Regional Championships if the following requirements are met, and documentation is included with the petition form:

1. Score Qualifications a. All Around (AA) Petitions for Xcel Silver-Sapphire

- i. A photocopy/screenshot of at least one pre-State sanctioned meet results from the current season (at the level to which they are petitioning) showing a score at least one point (1.00) greater than the Regional qualifying score (see Qualification Score section).

- iii. Xcel Divisions cannot petition to Regionals as an IES.

2. Medical Qualifications a. A Licensed Medical Professional's written verification of the illness or injury with date of release for returning to athletic activity.

3. Written request from the coach via email.

4. Completed USAG Petition Form

Age Divisions

- Evenly split age groups within each Division with approximately 20 athletes in an age group, maximum of 24 athletes per group.
 - Once age groups have been determined from State Meet, a random draw is done by the XRCC, and the Meet Director.
 - Session age groupings will be based on the number of athletes.
 - Session order will be randomized by XRCC.
 - Event rotations will be randomized by Proscore.
 - Athletes will be randomized by Proscore. Athletes will then be grouped together with their club in order of randomization.
 - IES in a rotation must start on one (1) of their IES events and will be manually moved (if needed).

Awards

- Xcel Regional Championships award 40% of participants.
- No Team Awards
- No Participation medals or awards.

Coaches Info

- No complimentary coach's food will be provided at Regional Championships.

Questions?

Contact Meet Directors Jill Hanna – jillb@iowagymnest.com and Paige Roth – Paiger@iowagymnest.com or Region 4 Xcel Chair Megan Robinson – region4xcel@gmail.com

Tentative Schedule

We are unable to set the final schedule until after all of the state meets have been completed. However, we have come up with a very tentative schedule based on the projected number of entries at each division. Each division will be split into an equal number of age group based on date of birth. At this time we are planning on running 3 gyms, all in modified capital cup format (2 sets up equipment with one floor in each gym). Gym 1 is in the ballroom of the Hilton and gyms 2 and 3 are in the Alliant Energy Power House Arena.

	Gym 1 (Ballroom)		Gym 2 (Arena)		Gym 3 (Arena)	
Friday	8:00-11:30	Sapphire	8:00-11:30	Gold	8:00-10:30	Silver
	12:30-4:30	Diamond	12:45-4:15	Gold	11:30-2:00	Silver
	5:15-9:00	Diamond	5:15-8:45	Gold	3:00-5:30	Silver
					6:30-9:00	Silver
Saturday	8:00-11:30	Platinum	8:00-11:30	Gold	8:00-10:30	Silver
	12:30-4:30	Platinum	12:45-4:15	Gold	11:30-2:00	Silver
	5:15-9:00	Platinum	5:15-8:45	Gold	3:00-5:30	Silver
					6:30-9:00	Silver
Sunday	8:00-11:30	Platinum	8:00-11:30	Gold	8:00-10:30	Silver
	12:30-4:30	Platinum	12:45-4:15	Gold	11:30-2:00	Silver
					3:00-5:30	Silver

A final schedule will be released as quickly as possible after all entries are received from the State Committee Chairs.

Spectator Admissions

Will be through the Ticket Box Office and Pre-Sale and on-site Tickets

	1-Day Pass	Event Pass (3-days)
Adults (ages 13-64)	\$20/day	\$45
Seniors (ages 65 and older)	\$15/day	\$35
Children (ages 3-12)	\$12/day	\$30
Children 2 & under	FREE	FREE

Hotel Information

Please click the link for hotel blocks and discounted rates.

[Hotel Information](#)

2024 XCEL Regional Gymnastics Championships Event Apparel

We are pleased to offer one of a kind Region 4 apparel for the Xcel Regional Championships. Gym Treasures will be providing items for pre-order as well as on-site apparel purchase.

2024 XCEL Regional Gymnastics Sponsorship

We are offering sponsorships space in the Region 4 Xcel Championships. We are expecting over 7,500 spectators at this competition. This is an excellent opportunity to advertise your business. Please see the link below for additional information!

[Sponsorship Information](#)

Completed Information need to be turned in by 8 pm April 15th

Please submit all information to Jill at jillb@iowagymnest.com

Please Note: Meet Sponsorship in the memo line of the check