

**March 29, 2023**



As we approach the end of the 2023 gymnastics season, and in preparation for the Preliminary and State Meet, I wanted to give you some important information. Preliminary Meet details will be confirmed with coaches of all qualifying teams and individuals no later than Thursday, April 13th. **Please note - if your team/individual gymnast qualifies for Preliminary and chooses NOT to participate, you must inform GHSA immediately.**

**Preliminary Meet Information:**

Meet Dates: April 19, 2023

Meet Location: Buford City Schools Arena, 2795 Sawnee Ave., Buford, GA 30518

(This location is not at the high school - please use GPS to navigate).

Tickets are available on GoFan only, no cash will be accepted at the door. All tickets are \$15.

**Spectator doors will open 30 minutes prior to competition.**

**We will be using a Capital Cup Program for this event. Each gymnast will be given 2 minutes warm-up per event, for a max warm-up time of 8 minutes per team.**

<b>Preliminary Schedule</b>	<b>Date</b>	<b>Gym Opens for Check-In</b>	<b>General Stretch</b>	<b>Spectator Entrance Opens: GoFan Only</b>	<b>Warm-Up/ Competition Begins</b>	<b>Session Ends (Estimated)</b>
<b>Session 1</b> A-5A Teams and individuals	Wednesday 4/19	11:30 am	12:10 - 12:55 pm	12:30 pm	1:00 pm	3:30 pm
<b>Session 2</b> 6A-7A Teams teams and individuals	Wednesday 4/19	4:00 pm	4:40 - 5:25 pm	5:00 pm	5:30 pm	8:00 pm

**Please note:** Team qualifiers and individual qualifiers will be competing during these two sessions at Preliminary. *There will not be a separate session for individual qualifiers.*

## State Meet Information

Meet Date: April 21, 2022

Meet Location: Buford City Schools Arena, 2795 Sawnee Ave., Buford, GA 30518

Date	Gym Opens for Check-In	General Stretch/Bar Settings	Spectator Entrance Opens: GoFan Only	Warm-Up/ Competition Begins	Session Ends (Estimated)
Friday, 4/21	3:30 pm	4:10-4:55 pm	4:30 pm	5:00 pm	7:30 pm

**Use the following DATED checklist to be sure you are completing all requirements:**

☐ **Monday, April 10 - DUE BY NOON**

- Submit Preliminary t-shirt order. We have designed a Preliminary t-shirt (\$15 each) and will take pre-orders until **4/10/23**. For t-shirt information and to order click [HERE](#).

Please help by getting your orders in as soon as possible. Checks/cash will be accepted upon delivery. Checks can be made out to Buford High School. You will receive a receipt for your order upon pick up. **This is a hard deadline because of printing time constraints.** There will be a STATE shirt available at the Friday session only, provided by a GHSA vendor.



☐ **Wednesday, April 12 - by midnight**

- Submit names of individual qualifiers (gymnasts that are NOT on a qualifying team) for verification. **You may begin submitting verifications TODAY** using the form found [HERE](#). From your roster, click on the gymnast who has qualified as an individual. The instructions are at the top of the page. Scores will be verified and sent to the meet director for the Preliminary meet.

☐ **Thursday, April 13 - DUE BY 6PM**

- Visit the GHSA website for Team standings and Preliminary meet **DETAILED** information. This will also be emailed to qualifiers.
- Make **final roster changes on the GHSA website. You may include ONLY Varsity gymnasts on your roster AND one manager. The site will close at 6 PM and no edits can be made after that time.**
- Submit team line up entries for the Preliminary meet. Click [HERE](#) to input your line-up. ***No line-up changes will be accepted after 4/13 by 6 pm.***

☐ **Sunday, April 16:**

- Submit a picture for each of your competing Seniors to this [SENIOR FOLDER](#). This should be an individual shot only. **Please save the file with the school name and gymnast name (example: Buford.BellaBonner).** These will display on the Megatron throughout warm-up and competition. Preferably, the image should have a white/light background.

## Reminders:

From the Gymnastics Coaches Handbook ([GHSA White Book](#)):

**INDIVIDUALS:** A gymnast may qualify for an individual event even if her team does not qualify by meeting the following standards - An all-around score of 34.0 or better in three (3) regular-season meets and/or an individual score of 8.50 or better on Beam and Bars and 9.00 or better on Vault and Floor Exercise in three (3) regular-season meets. 3. **There will be a limit of four (4) qualifying gymnasts per individual event who can represent a school that did not qualify as a team.** 4. If a gymnast qualifies at the Preliminary Meet, but can't advance because of illness or injury, the next individual will move up to take that spot at State Finals.

**\*\*\*Please remember -Team competitors and individual qualifiers are competing for 8 total spots at the State meet on Friday. There are not 8 spots for individual qualifiers and 8 spots for team qualifiers.**

## Fees, Notices and Information:

1. This year, a team fee of \$125 or \$30 per individual qualifier (up to \$125 per school) will be required for the Preliminary and State Competition. Make checks payable to Buford City Schools. **Please bring your check with you to the Preliminary Meet. You may also send it via mail to Buford High School, 2455 Buford Hwy, Buford GA 30518 (Attention: Amanda Allen). A receipt will be issued.**
2. For team competitors- only **TEN** Varsity members of your team, **ONE** manager, and **TWO** coaches with a GHSA pass will be given free admission to the Preliminary and State Competition, per decision by GHSA officials. Any sub-varsity gymnast or additional athletes/managers must pay for a ticket or be charged for entry using the Excess Entry form found [HERE](#). Please print this form and bring it with you the day of the event. The excess entry form allows GHSA to charge your school for the excess entries.
3. For individual competitors - only the competing gymnast and **TWO** coaches with a GHSA pass will be given free admission to the Preliminary and State Competition, per decision by the GHSA officials.
4. Concessions will be available at all sessions.
5. Spectator tickets must be purchased at [GoFan.com](#). There will be no cash accepted for entry to the meet. Be sure your spectators choose the correct session when purchasing tickets. All tickets are \$15.
6. Information on area accommodations can be found [HERE](#).

**You may contact me at [amanda.allenbhs@gmail.com](mailto:amanda.allenbhs@gmail.com) if you have questions.**