



ELEVATE THE STAGE 2020

FAQs

TOLEDO, OH: February 21-23, 2019
Levels 1-10, Xcel and Open

BIRMINGHAM, AL: March 13-15, 2019
Levels 1-10, Xcel and Open

REGISTRATION

- Registration open on the USAG Meet Reservations system. Registration closes on December 20, 2019, or when the competition is full. All adjustments to a program's roster after registering are subject to schedule availability. After the registration deadline, roster adjustments are subject to \$10.00 late fee.
- Podium scheduling begins with Level 10 and additional levels will be added as schedule permits, in descending competitive level order.
- *The scratch deadline is December 20, 2019.* Scratches due to injury can be refunded in full if an injury report/doctor's notice is provided to kayla@knighteady.com by January 1, 2020.

ENTRY FEES: NO TEAM FEES

- **TOLEDO, OH**
 - \$130 for all levels
- **BIRMINGHAM, AL**
 - \$130 for Level 6-10, Xcel Platinum, Xcel Diamond
 - \$105 for Level 1-5, Xcel Bronze, Xcel Gold, Xcel Silver

COLLEGE MEET TICKET SALES

- Participating J.O and Xcel teams will receive the opportunity to purchase discounted group tickets. Ticket sales begin in September 2019.

GK LEOTARDS

- Custom GK tank leotards are provided for all competitors. Coaches must complete sizes via elevatethestage.com/order by December 20, 2019 for leotards to be available on-site. Coaches are responsible for picking up their team's leotards at coaches' hospitality. Late orders are not guaranteed to be available on-site, making the program responsible for leotard cost, shipping and handling.

OTHER

- Hotel/Travel information will be available at elevatethestage.com.
- Elevate the Stage is a USA Gymnastics sanctioned meet.
- Age is determined by date of State Meet for each level.
- Team awards are provided for each session in each level, to exceed USAG rules.
- All AAI Equipment.
 - Podium gym: modified traditional
 - Exhibition hall gyms: modified Capitol Cup
- Certified athletic trainers and paramedics on duty for all athletic activities.

Meet Director: Kayla Williams, 205-703-1721 // kayla@knighteady.com

Host: Knight Eady, 1500 1st Ave. N. Unit 99 // Birmingham, AL 35203