

Chow's Winter Classic Invitational – January 17 - 19, 2020

Meet Site: Iowa State Fairgrounds - The Richard O Jacobson Exhibition Center
3000 E Grand Avenue, Des Moines, IA 50317

Admission Fees

	1 day pass	Weekend
Adults	\$14.00	\$20.00
Students (5 – 12)	\$10.00	\$12.00
Seniors (65+)	\$12.00	\$15.00
Military/Veterans	\$12.00	\$15.00
Children (4 & under)	Free	

Schedule: Friday January 17th

Session: 1W1 White Gym Level 6	9:00	Stretch
	9:15	Introductions
	9:25	Competition
	Awards: 11:30	
Session: 1R2 Red Gym Levels 3, 4 and 5	12:00	Stretch
	12:15	Introductions
	12:25	Competition
	Awards: 2:30	
Session: 1W3 White Gym Excel Bronze	2:45	Stretch
	3:00	Introductions
	3:10	Competition
	Awards: 4:50	
Session: 1R3 Red Gym Level 8	3:00	Stretch
	3:20	Introductions
	3:30	Competition
	Awards: 5:40	
Session: 1R4 Red Gym Level 9	6:00	Stretch
	6:20	Introductions
	6:30	Competition
	Awards: 8:30	

Schedule: Saturday January 18th

Session: 2W1 White Gym Level 7	8:00	Stretch
	8:15	Introductions
	8:25	Competition
	Awards 11:20	
Session: 2W3 White Gym XCEL Platinum	3:00	Stretch
	3:15	Warm-up
	3:25	Competition
	Awards 5:35	
Session: 2W4 White Gym XCEL Diamond	6:00	Stretch
	6:15	Warm-up
	6:25	Competition
	Awards 8:55	

Schedule: Sunday January 19th

Session: 3R2 Red Gym XCEL Silver	11:30	Stretch
	11:45	Warm-up
	11:55	Competition
	Awards 2:40	
Session: 3W3 White Gym XCEL Gold	2:45	Stretch
	3:00	Warm-up
	3:10	Competition
	Awards 5:30	

IGM Team Information

- ✓ Parents please try to have your gymnast arrive 15-30 minutes prior to the start of warm ups. We would rather be early with extra time to prepare than rushed and unfocused for competition.
- ✓ Have gymnasts dressed in their competition uniform under their warm ups. Have gymnasts dressed in their competition leotard under their warm ups. Make sure their under garments are either nude in color or match the leotard (they will be deducted otherwise). Their hair must be completely out of their face (they will be deducted otherwise). Keep in mind when doing hair that your daughters are going to be rolling during their floor routines. Also, feel free to make good use of hairspray and clips. No excessive make-up, nail polish, tattoos or jewelry (stud earrings are okay). ***Please make sure nail polish is removed prior to competition!***

- ✓ Please pack water for your gymnast. You may also pack a healthy snack for your daughter. Do not pack anything with nuts. We do not encourage our gymnasts to eat during competition, but there will be time for snack after competition and before awards begin
- ✓ Gymnasts with grips – remember to grab them from the gym before competition!