



Los Alamos School of Gymnastics
555 N. Mesa Rd.
Los Alamos, N.M. 87544



SNOWFLAKE INVITE

Xcel Bronze - Diamond



Saturday February 5, 2022

Session 1 8:00 All Bronze

Session 2 10:45 All Platinum & Diamond, Silver 11 yrs & up, Gold 13 yrs

Session 3 3:00 Silver 7-9 yrs & Gold 8-10 yrs

Session 4 5:45 Silver 10 yrs & Gold 11, 12, 14 & up



Single judge panels for Bronze & Silver 2 judges Gold and up

Awards include ribbons on all 4 events & pins for 1-3 on all events

All around medals for everyone and team banners




Equipment specs



AAI Bars with conversion- High bar goes to USAG Max height of 246 cm

AAI beam goes to USAG maximum of 125 Cm

Regulation Vault table goes to USAG max 135 cm



Regulation Mat stacks for Bronze & Silver meet max requirements (16" - 48")

Regulation AAI and Stratum Janssen Fritsen boards plus 2 regulation air boards
for Bronze-Gold use. Yerchenko hand placement and board mats

The Bronze Silver runway is 60' but can lengthen, the table runway is 75' but can
lengthen and is over the minimum required thickness of 3.5 cm

Regulation Spring floor is 40'X 40' inbounds with 2' perimeter & exceeds minimum
thickness of 3.2 cm

Regulation Landing mats, panel, mats, skill cushions, and sting mats available of
varying thicknesses.



Entry & Covid precautions

Temperature & Covid questionnaire will be required & passed for entry

Masks required (gymnasts may remove for competition)

Eating and drinking outside only - where masks are not required

Limit of 2 spectators per gymnast

\$10/person age 12 & up

\$5/person age 2-12



Call Meet Director Loui Janecky for more info

(505)-699-0523

