



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



SNOWFLAKE INVITE

Xcel Bronze - Diamond

Saturday February 4, 2023

Session 1 8:30 All Bronze, All Platinum & All Diamond,

Session 2 12:00 All Silver 10 yrs & under + All Gold 12 yrs & under

Session 3 4:00 All Silver 11 yrs & older + All Gold 13 yrs & older

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

\$10/person age 12 & up

\$5/person age 2-12



Call Meet Director Loui Janecky for more info

(505)-699-0523



Snowflake Invite 2023



Tentative Rotations

A - Vault, Bars, Beam, Floor

B - Bars, Beam, Floor, Vault

C - Beam, Floor, Vault, Bars

D - Floor, Vault, Bars, Beam

Session 1 - 8:30 Stretch, 8:45 opening presentations & introductions

Diamond (6)

A - PGA (1) FGA (1) LASG (3) RGG (1) = 6

Bronze (14)

B - IGIC (6) GFG (6) PGA (2) = 14

Platinum (6)

C - FGA (1) GFG (1), PGA (1) LASG (2) IGIC (1) = 6

Bronze (15)

D - RGG (9), LASG (6) = 15



Session 2 - 12:00 Stretch, 12:15 opening presentations & introductions

Silver (26)

A - GFG (8) PGA (1), LASG (3) RGG (1) = 13

B - FGA (7), IGIC (6) = 13

Gold (22)

C - RGG (1) LASG (6) GFG (3) PGA (1) = 11

D - FGA (7) IGIC (4) = 11



Session 3 4:00 Stretch, 4:15 opening presentations & introductions

Silver (16)

A - FGA (5) LASG (3) = 8

B - GFG (4) RGG (2) PGA (2) = 8

Gold (15)

C - FGA (4) LASG (2) IGIC (1) = 7

D - GFG (4) PGA (3) = 7

