



Welcome and congratulations on qualifying to the Region 5 XCEL Gold – Sapphire Championships! FlipStar Gymnastics Academy is proud to host this year’s regional championships event in McCook, Illinois. Please find important information regarding the competition below.

Be sure to carefully read ALL information and complete ALL of the requested forms.

**Meet Date:** April 26 – 28, 2024

**Meet Venue:** McCook Athletic & Exposition  
(The Max)  
4750 S. Vernon Avenue  
McCook, IL 60525

**Meet Entry:** Please complete your registration online on the USA Gymnastics reservation system (Sanction #88759). All entry fees must be paid at the conclusion of your state meet along with the online registration. Checks and/or a printed receipt from Hometown Flex should be mailed by the State Meet Director along with a spreadsheet of qualified gymnasts the Monday following your state meet.

**Entry fees and checks should be sent to:**

FlipStar Gymnastics Academy  
XCEL Gold – Sapphire Regionals  
1906 Ferro Dr.  
New Lenox, IL 60451

**Entry Fee:** \$100 per gymnast – FULL Fee for Individual Event Specialists  
One check per club made payable to **FlipStar Gymnastics Academy** should be turned into your state Meet Director along with a paper entry.  
Online payment is also available via the attached QR code. Additional fees apply to online payment.

**Meet Entry Refunds:** Refunds will be honored up to 10 days (April 16, 2024) prior to the start of the regional competition. Online processing fees will NOT be refunded.

**Equipment:** Two full capitol cup sets of AAI equipment provided by Midwest Gym Supply.

**Meet Schedule:** Will be posted on the event website and emailed to all clubs after ALL state meet results have been received.

**Meet Director:** Mike Helmke  
FlipStar Gymnastics Academy  
(815) 463-5900  
FlipStarMeetDirector@gmail.com

## Qualifying Scores

	<i>All-Around</i>	<i>IES</i>
<i>XCEL Gold</i>	35.5	9.0 per event
<i>XCEL Platinum</i>	35.0	9.0 per event
<i>XCEL Diamond</i>	35.0	9.0 per event
<i>XCEL Sapphire</i>	34.0	8.5 per event

**\*\* IES athletes must be declared as an IES on the official entry form. \*\***

**Coaches Registration:** All coaches MUST be registered through the USA Gymnastics reservation system prior to the competition to receive credentials at the competition. Only coaches with approved credentials will be allowed on the competition floor. The number of credentials per team will be based on the number of athletes attending:

- 1 – 4 athletes → Maximum of THREE (3) Credentials
- 5 – 9 athletes → Maximum of FOUR (4) Credentials
- More than 9 → Contact Tami Schaafsma at  
Tamischaafsma27@gmail.com

**Coaches Check-In:** All coaches are required to show their USA Gymnastics pro-membership card upon check-in.

**Spectator Admission:** Adults - \$20  
Children (5-17) / Seniors - \$15  
Children (Under 5) – Free

**\*\* ONLINE Sales ONLY. \*\***

**Hotel Information:** See Hotel Info Sheet attached.

**Meet Website:** <http://flipstargymnastics.com/hosted-competitions.html>



# **REGISTER YOUR ATHLETES ONLINE**



**TICKET  
SPICKET**

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