

# NAIGC Midwest Regionals 2024

*Saturday, March 9, 2024*

*Hosted by the Wisconsin Gymnastics Club at UW-Madison*

*7129 River Rd, DeForest, WI 53532*

## Meet Schedule (subject to change)

10 am Doors Open

10:15 am Open Stretch and warm up

10:45 am Captain's Meeting

10:55 am March in and National Anthem

11 am Rotation 1 Warm-Up

11:15 am Rotation 1 Competition

5:30 pm End of Competition

6 pm Awards

10:30 pm Social Gathering

| Vault                 | Bars                  | Beam                  | Floor                 | Bye                   |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| WGC L8 + Chicago      | UMN 14                | Illinois + U of Iowa  | Mizzou + Alum/Ind/ICA | WGC + Iowa State      |
| WGC + Iowa State      | WGC L8 + Chicago      | UMN 19                | Illinois + U of Iowa  | Mizzou + Alum/Ind/ICA |
| Mizzou + Alum/Ind/ICA | WGC + Iowa State      | WGC L8 + Chicago      | UMN 16                | Illinois + U of Iowa  |
| Illinois + U of Iowa  | Mizzou + Alum/Ind/ICA | WGC + Iowa State      | WGC L8 + Chicago      | UMN                   |
| UMN 21                | Illinois + U of Iowa  | Mizzou + Alum/Ind/ICA | WGC + Iowa State      | WGC L8 + Chicago      |

| Floor                       | Pommels                      | Rings                       | Vault                      | P Bars                       | H Bar                       |
|-----------------------------|------------------------------|-----------------------------|----------------------------|------------------------------|-----------------------------|
| WGC+ Iowa State 13          | UMN+ Mizzou+ Alum 12         | Illinois+ U of Iowa+ SIU 12 |                            |                              |                             |
| Illinois+ U of Iowa+ SIU 13 | WGC+ Iowa State 10           | UMN+ Mizzou+ Alum 14        |                            |                              |                             |
| UMN+ Mizzou+ Alum 13        | Illinois + U of Iowa+ SIU 12 | WGC+ Iowa State 11          |                            |                              |                             |
|                             |                              |                             | WGC+ Iowa State 11         | UMN+ Mizzou+ Alum 13         | Illinois+ U of Iowa+ SIU 13 |
|                             |                              |                             | Illinois+ U of Iowa+ SIU 9 | WGC+ Iowa State 12           | UMN+ Mizzou+ Alum 14        |
|                             |                              |                             | UMN+ Mizzou+ Alum 12       | Illinois + U of Iowa+ SIU 10 | WGC+ Iowa State 11          |

We will only be having one session, with MAG and WAG events running simultaneously. Because of time restraints, rotations will proceed as people finish competing at an event. Every event will get 15 minutes for warm-up. More information will be provided at the captains' meeting.

## Waivers

Our host gym requires a waiver. You do not need to fill out this waiver again if you've filled it out previously, **only gymnasts new** to competing at Jump Around Gymnastics need to fill it out. If unsure, please fill it out again! The waiver can be found [here](#) or by going to [JumpAroundGymnastics.com](http://JumpAroundGymnastics.com), scrolling all the way to the bottom, and clicking on the "Waiver" link there (gymnasts 18+ y/o should fill out the waiver as if they are both the parent and the child).

Every participant needs to sign this waiver prior to the competition. If it has not been filled out, they will **not** be able to compete. Please have everyone fill out the waiver by **March 7th**.

## Fees

- Meet entry fees
  - Per team: \$150 (**per level/per team with 3+ members**)
  - Per individual: \$35
- Spectator entry fees (paid at the meet with cash or venmo)
  - Adult/student: \$5

- Child: children under 10 attend free

Meet fees are payable by cash, check (made out to “Wisconsin Gymnastics Club”), Venmo (@WisconsinGymnasticsClub), or zelle (\_\_\_\_). If costs are a barrier to team participation, please feel free to contact us! We encourage all clubs and individuals to participate.

## **Lodging**

All teams are responsible for securing their own lodging. The competition is hosted at an off-campus gym so we have provided two potential options for lodging. Additionally, NAIGC has provided us with a discounted room block link [here](#).

### Option 1: Valued Stay Mayflower

2509 Perry St, Madison, WI 53713

Approximate cost per room (4 adults) is \$90-110 per night.

Recommended for clubs who would like to be closer to the UW-Madison campus.

### Option 2: Motel 6 – Madison, WI East

4202 East Towne Boulevard, Madison, WI 53704

Approximate cost per room (4 adults) is \$80 per night.

Recommended for clubs who would like to be closer to the interstate/host gym.

## **Post-Meet**

There are many options around the host gym or the UW-Madison campus for food after the competition! We suggest looking at any of the restaurants on State Street, getting a ButterBurger at Culver's, or trying out some cheese curds at Memorial Union Terrace.

## **Social Gathering**

We will be having a social gathering for all of the clubs after the competition. Each club will receive wristbands at the competition for their members. Wristbands will be required for entrance into the social gathering. These wristbands are only available for club members.

Refreshments will be provided for all attending teams. Please consider requiring your team members to donate \$~5 if they choose to partake in the provided refreshments. Donations can be cash or you can Venmo our president (**Venmo: @leanna3L**).

Theme: Slumber Party!

Address: 106 N Prospect Ave, Madison, WI 53726

## **Contact Information**

For any questions prior to the competition, feel free to text Devi or email the club at [wisconsin\\_gymnasticsclub@rso.wisc.edu](mailto:wisconsin_gymnasticsclub@rso.wisc.edu). For more time-sensitive questions, please text Devi.

LeAnna Ung (President): 651-785-2183

Gabby Vander Wegen (Vice President): 608-334-1243

Charlotte Sawicki (Treasurer): 414-530-2616

**Devi Madaus (Competitive Sports Coordinator, Primary Contact): 815-687-4038**

Ty Seefeldt (Social Chair): 715-412-0269