

NorCal Level 4 North State Gymnastics Championships

November 14 & 15, 2015 (YOUNGEST to OLDEST)

Saturday Session Information

Session 1	Session 2	Session 3
Open Stretch 9:00 am March In 9:20 am	Open Stretch 1:00 pm March In 1:20 pm	Open Stretch 5:00 pm March In 5:20 pm
Age Groups Child A-D	Age Groups Child E-H	Age Groups Junior A-D
7 yrs to younger 9	older 9	younger 10
Birthdate Range 7-22-06 to 12-31-08	Birthdate Range 11-15-05 to 7-21-06	Birthdate Range 3-1-05 to 11-14-05

Sunday Session Information

Session 4	Session 5	Session 6
Open Stretch 8:00 am March In 8:20 am	Open Stretch 12:00 pm March In 12:20 pm	Open Stretch 4:00 pm March In 4:20 pm
Age Groups Junior E-H	Age Groups Senior A-D	Age Groups Senior E-H
older 10 to younger 11	older 11 to younger 12	older 12 to 15 yrs
Birthdate Range 7-31-04 to 2-28-05	Birthdate Range 6-14-03 to 7-30-04	Birthdate Range 1-1-97 to 6-13-03

Admission Prices			Meet Location	Hotels & Info
Doors open at 8:30 am Sat & 7:30 Sun	Single Session	Per Day	Folsom High School 1655 Iron Point Road Folsom, CA 95630	See website www.techniquegym.com
Adults (18-64)	\$10	\$15		
Kids (6-17) or Senior (65+)	\$7	\$10		
Kids 5 & under	Free	Free		

Current as of 11/3/2015

L4 Program Shout Outs!!

➔ **COACHES:** Please make copies and hand out to each competitor. ⬅

Each only \$5⁰⁰

We'll have special pages in the following format designed to acknowledge someone special to you. Up to 50 characters (or close). Be creative!! (Hint: Almost everyone says *Good luck, we love you!!*)

To: _____ of: (Gym) _____ From: _____

To: _____ of: (Gym) _____ From: _____

Make checks payable to GAFO and mail to P.J. Slater (not to Technique).

P.J. Slater
6545 Young Oak Court
Orangevale, CA 95662
(916) 692-2559 fax

**Deadline: Received by
Friday, Nov 7, 2015**

www.techniquegym.com

Your Name: _____ Phone: _____

Total amount enclosed: \$ _____ (Please return this form with your payment.)

NOTE: If you are cutting it close then FAX this page first and then drop a check in the mail. Any Shout Outs received after Friday, Nov 7 will not be returned or included in the program.