

Aberdeen Central Athletic Department

Central High School
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ABERDEEN CENTRAL – SISSETON VARSITY, JUNIOR VARSITY, & MIDDLE SCHOOL DUAL

December 3, 2020

5:00 PM CST

Aberdeen Central High School

| | | |
|-----------------------------|---|---|
| Meet Director: | Gene Brownell, AD | |
| Competition: | Varsity, Junior Varsity, and Middle School | |
| Routines: | Optional | |
| Entry: | Enter 7/compete 5 - all three levels all events Please complete attached form. FAX: 1-605-725-8288/December 1, 2020 – 12:00 PM gene.brownell@k12.sd.us | |
| Rules & Scoring: | National Federation – Individual score – Average of each event. | |
| Team Score: | Top four (4) scores for team total | |
| Awards: | Medals for top five in each event – Varsity/JV/MS Medals for top five in all-around competition – | |
| Varsity/JV/MS | | |
| Equipment: | AAI Flex Beam AAI Round Cable Bars Spring Floor – 42' X 42' Vault Table and Runway – U Shaped W/Safety Mat Padding | Sting Mats Skills Mats – 8” Skill Cushion – 4” |
| Judges | TBA | |

Aberdeen Central – Sisseton Dual

Pod 1

| Time | Vault | Bars | Beam | Floor |
|------|------------------|------------------|------------------|------------------|
| 5:00 | Aberdeen Varsity | Sisseton Varsity | Aberdeen JV | Sisseton JV |
| 5:25 | Sisseton JV | Aberdeen Varsity | Sisseton Varsity | Aberdeen JV |
| 5:50 | Aberdeen JV | Sisseton JV | Aberdeen Varsity | Sisseton Varsity |
| 6:15 | Sisseton Varsity | Aberdeen JV | Sisseton JV | Aberdeen Varsity |

Pod 2

| Time | Vault | Bars | Beam | Floor |
|------|---------------|---------------|---------------|---------------|
| 6:50 | Aberdeen JV 2 | Aberdeen MS 1 | Aberdeen MS 2 | Sisseton MS |
| 7:15 | Sisseton MS | Aberdeen JV 2 | Aberdeen MS 1 | Aberdeen MS 2 |
| 7:40 | Aberdeen MS 2 | Sisseton MS | Aberdeen JV 2 | Aberdeen MS 1 |
| 8:05 | Aberdeen MS 1 | Aberdeen MS 2 | Sisseton MS | Aberdeen JV 2 |

Aberdeen Central Golden Eagle Gymnastics – Protocol

- ALL GYMNASTS WILL BE IN COMPETITION UNIFORM THE ENTIRE MEET.
- THERE WILL NOT BE A MARCH IN.
- THERE WILL NOT BE AN AWARDS CEREMONY. ALL SCORES WILL BE EMAILED AND MEDALS WILL BE MAILED. COACHES MAY PICKUP PACKETS AT THE END OF THEIR COMPETITION.
- THERE WILL NOT BE SHARED ITEMS FOR USE. THIS INCLUDES; CHALK BIN, SPRAY BOTTLES FOR BARS, DRINKING FOUNTAINS, ETC. PLEASE CARRY AS MANY OF THESE ITEMS WITH YOU IN A SMALL BAG WITH GYMNAST AND/OR LARGE BAG WITH COACH TO EACH EVENT.
- ALL COACHES, MANAGERS AND ATHLETES NOT COMPETING NEED TO WEAR A MASK.
- ONLY BRING ATHLETES THAT ARE COMPETING OR ARE ALTERNATES AND NO MORE THAN 2 STUDENT MANAGERS PER EVENT.
- EVERYONE SHOULD SANITIZE HANDS AND FEET BETWEEN EVENTS (BEFORE AND AFTER)
- ROTATIONS WILL BE MADE TO THE NEXT EVENT WHEN EACH EVENT IS DONE AND WILL BE ANNOUNCED.
- SPECTATORS MAY BE LIMITED DUE TO SPACE AND CURRENT TREND IN COVID INFECTIONS. THIS WILL BE ANNOUNCED PRIOR TO MEET.
- IN LIEU OF A COACHES/JUDGES MEETING, THE MEET REFEREE MAY BE AVAILABLE FOR QUESTIONS/CONCERNS PRIOR TO MEET NEAR THE HEAD TABLE.
- AS MUCH AS POSSIBLE, PLEASE KEEP YOUR GROUP TOGETHER AT YOUR EVENT. LIMIT LEAVING TO RESTROOM USE, TRAINER VISIT, OR ANY OTHER EMERGENCY THAT MAY OCCUR. COACHES MAY STILL VIEW JUDGING SHEETS AT HEAD TABLE WHILE WEARING A MASK.

**THANK YOU FOR YOUR COOPERATION IN MAKING THIS WORK IN SUCH AN UNCERTAIN TIME!
WE ARE ALWAYS THANKFUL FOR ANOTHER DAY WE GET TO COMPETE GYMNASTICS!**

ABERDEEN CENTRAL GOLDEN EAGLES – POD COMPETITION – EXPLANATION

POD 1 –Visiting JV, Visiting V, Home V, Home JV (example)

4:30 Equipment open to check by coach and 1 gymnast if needed.

4:40 General Warmup/Stretch

4:55 Gymnasts go to first event; National Anthem

5:00 Start

Gymnast 1 2 minute warmup

Gymnast 2 2 minute warmup

Gymnast 1 competes (approximately 2 minutes – depending on event)

Gymnast 3 2 minute warmup (judge is judging gymnast 1)

Gymnast 2 competes

Gymnast 4 **2 minute warmup (judge is judging gymnast 2)**

Gymnast 3 competes

Gymnast 5 **2 minute warmup (judge is judging gymnast 3)**

Gymnast 4 competes

Gymnast 6 **2 minute warmup (judge is judging gymnast 4)**

Gymnast 5 competes

Equipment empty (judge is judging gymnast 5)

Teams will stay at the event until all 4 are finished. They would then rotate to the next event and repeat the above process.

When all 4 events are completed, POD 1 goes home.

POD 2 – Begins with general warmup, giving the judges a 15 minute break.

Repeat above procedure without National Anthem.

| <u>TIER</u> | <u>Fan Attendance</u> | <u>Conditions</u> |
|--------------------|--|---|
| Tier 1 | Open attendance | Steady/Decreasing rates of community active cases, new cases, and hospitalizations. |
| Tier 2 | Family Spectator Pass* CHS and Visiting High School Student Body Only** ASD Staff Eagle Pride Partners | Slow/intermittent increase of community active cases, new cases, and hospitalizations. Isolated cases, no evidence of exposures in large communal settings. |
| Tier 3 | Parents with Family Spectator Pass and/or CHS students with ID Badge | Steady/incremental increase of community active cases, new cases, and hospitalizations. Sustained increases, potential exposures in large communal settings. |
| Tier 4 | No Fans | Sharp increase of community active cases, new cases, and/or hospitalizations WITHOUT concurrent increase of cases/contacts within the school setting. Confirmed exposures in large communal settings. |

***Family Spectator Pass** – purchased passes (District Service Center) in a number (4 or 6) by each participant on a specific athletic team. Basketball and wrestling are six (6) gymnastics is four (4) due to the size of the venue. Holders of the passes will determine who uses them.

***Visiting team** will receive a specific number of VISITING PARENT ticket vouchers to present at the ticket booth.

****High school students** – both CHS and visiting school – present their ID Badge and are able to purchase a ticket.