



DETAILS OF THE COMPETITION

- Venue:** Trinity Center for Women and Girls in Sports
Trinity College, Washington, DC
http://www.trinitydc.edu/trinity_center/index.html
- Dates:** March 5 - 7, 2010
- Levels:** US Levels 3 – 10 and Groups
(USAG JO and FIG Rules; please refer to *Technical Requirements* brochure for details)
- Awards:** Athletes will be awarded within each level by the following age groups:
Child A: 2004 – 2003
Child B: 2002 – 2001
Child C: 2000 – 1999
Junior: 1998 – 1995
Senior: 1994 and older
- Awards will be given for AA and each apparatus for up to 12th place or 50% of participants.
All participants will get prizes and take-home gifts
- Costs:** Travel to and from the US and the accommodation cost for the hotel are to be paid by the delegations.
- Accommodations:** *Crowne Plaza Washington DC - Silver Spring*
- \$89 per double room (4 per room)/breakfast included
 - restaurant and café on premises
 - passes to LA Fitness club
 - See Hotel form for details
- Under certain circumstances, placement of the athletes with the Host families may be arranged. Please, contact the Organizers.
- Registration Fee:** International Participants:
- 2 gymnasts – free with participating judge
 - additional gymnast - \$115
 - See Registration form for details
- USA Participants:*
- \$40 - \$115 per gymnast depending on level
 - See Registration form for details



DETAILS OF THE COMPETITION (cont'd)

- Registration Due:** Registration Forms **MUST BE RECEIVED** by Jan. 20, 2010
- Late Fee:** \$25 Late Fee per athlete
- Difficulty Forms:** 5 copies of D1/D2 forms ***must be received*** by the Organizers no later than February 25, 2010.
- Schedule:** Schedule of the competition will be posted on www.capital-challenge.info
- Gala:** Gala performances will take place on Saturday, March 6th upon completion of Saturday competition. Please submit *Gala Entry form* (enclosed) to the Organizers no later than February 15th, 2010.
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