



12 Olympic Way  
Poughkeepsie, NY 12603  
(845) 473-3966  
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Below is a listing of some important information for you, your coaches, your team parents and your athletes who will be attending our meet.

1. The doors to the gym will open 15 minutes before the time set for warm-ups. – Due to parking restrictions please inform parents not to arrive any earlier than 15 minutes prior to their scheduled session – they will not be allowed in the building yet.
2. Only registered Athletes participating in each session and their Coaches will be allowed out on the floor. Everyone else will be asked to leave the floor and sit in the observation area.
3. Athletes and Coaches will be asked to remove their shoes before stepping out into the competition area.
4. Please remind all parents that flash photography is **strictly** prohibited for the safety of all participating in the meet.
5. Awards will follow each session. Photographs of the Athletes can be taken at that time.
6. Ties will be broken using the follow procedures:
  - a. Ties in the All-Around
    - i. The gymnast with the highest individual event score receives the award for the tied place.
  - b. Ties in the Individual Events
    - i. The gymnast with the highest All-Around total receives the award for the tied place.
7. There will be Twister's Booster Club Parents in our parking lot directing traffic and designating available parking spots. We ask that you please follow their directions because there are other businesses that share our parking lot.
8. If there are no longer parking spots available you may park in the Dutchess Center (see directions on direction sheet) or on Sunday **ONLY** in the parking lot for STS Tire and Joe Que's Auto Body.
9. **Admission price is \$10.00 for adults; \$5.00 for children 5-12 years old; \$5.00 senior citizens and under 5 years of age are admitted for free.**

Our goal is to make all our meets fun, safe, and successful for all athletes!! We look forward to you and your athletes participating in our home meet.