



2018 NORTH CAROLINA XCEL BRONZE & SILVER STATE CHAMPIONSHIPS

Athlete and Parent Guide

Welcome to the North Carolina Xcel Bronze and Silver State Meet hosted by Central Carolina Gymnastics! This document was created to help answer any questions you may have. If you have any additional questions or concerns about the event, please ask the event staff upon arrival. We want you to enjoy the event as well as the Winston-Salem area while you are here!

Venue Information

- The NC State Championships will be held at the **Education Building – Winston Salem Fairgrounds.**
 - **300 Deacon Blvd (Gate 5) Winston Salem, NC 27105**
- **Plan to pay for parking.** The parking fee for each car is \$5.00. Parents and athletes will enter through Gate 5 for parking.
- **Please plan extra time for parking and travel!**
- **Event admission** is \$10.00/Adult, \$5.00 (ages 5-17), children 5 and under are free (\$25.00/family pass includes two adults + 2 or more children)
- Event doors will open at 7:30 AM.
- Programs are available for \$5.00 which may be purchased at admissions as well as at the Monkey Goodluck Gram station.
- Upon entering the venue, athletes are to proceed to gymnast check-in.
- Athletes will pick up their athlete gifts at gymnast check-in.
- Concessions are available for purchase inside the Education Building. No outside food or beverages are allowed, per Winston Salem Fairgrounds rules.
- To ensure the safety of our athletes, **NO FLASH PHOTOGRAPHY** is permitted during warm-ups or competition. Photography will be allowed during awards. This is a USA Gymnastics rule.
- Our vendor list includes:
 - Digital Magic Photography
 - Fine Designs Apparel
 - LuLaRoe
 - Programs/Monkey Goodluck Grams
 - GK Leotards
 - Body Helix
- The USA Gymnastics Codes of Ethics and Dress are in effect for all athletes, coaches, and officials. To review the USAG Code of Ethics, please visit: http://usa-gymnastics.org/pages/aboutus/pages/code_of_ethics.html

Host Hotels

SPRINGHILL SUITES

Winston-Salem Hanes Mall
1015 Marriott Crossing Way
Winston-Salem, NC 27103

\$119.00 per night

336-765-0190

Complimentary Breakfast and Wi-Fi

HAMPTON INN

Winston-Salem I-40/Hanes Mall
1990 Hampton Inn Court
Winston-Salem, NC 27103

\$99.00 per night

336-760-1660

Complimentary Breakfast and Wi-Fi

FAIRFIELD INN AND SUITES/DOWNTOWN

125 S. Main Street
Winston-Salem, NC 27101

\$124.00 per night

336-714-2800

Complimentary Breakfast and Wi-Fi

Visit website for Host Hotel Information and direct links to reservation.

<https://centralcarolinagym.wixsite.com/mysite>

Centralcarolinagymnastics@yahoo.com

