



# COMPETITION SCOOP

## Ten Thousand Lakes Regional

November 2, 2019

Edina High School 6754 Valley View Rd, Edina, MN 55439

### COACHES:

#### Team Registration/Check-in:

- Registration Times:
  - All Star Teams: 8:15am
  - School/Youth Teams: 12:00pm.You must register a minimum of 30 minutes PRIOR to your assigned warm-up time.
- Please bring the following items to registration:
  - Signed Copy of Rules and Regulations
  - Proof of payment
  - Proof of licensed music.
  - Release Forms
    - School Teams - medical release form
    - All Star Teams - USASF Roster for the event

#### Warm up/Rehearsal:

- To ensure the event is run in a timely manner, please be aware of your team's designated warm-up time. We ask that all athletes and coaches report to the warm up/rehearsal area at least 10 minutes prior to your assigned time.
- Please follow directional signs to the warm-up/Please refrain from leaving bags and other personal belongings in the rehearsal area.
- Please bring two back-up copies of your music

#### Order of Competition:

- The order of competition, including warm-up time, will be posted online Tuesday prior to the event

#### Competition Time:

(Times are tentative & subject to change.)

- All Star Teams: 9:30am – 1:00pm
- School/Youth Teams: 1:30pm – 8:00pm

### PARENTS/SPECTATORS:

#### Spectator Fee:

- \$5.00
- Ages 4 and under free
- Doors open at 8:45 AM – Please enter through door 6

#### Merchandise:

- Merchandise will be available for purchase.
- Concessions will be sold at the event. NO OUTSIDE FOOD OR DRINK ALLOWED!

#### Awards:

Award ceremonies will take place throughout the competition. Please refer to the competition schedule for approximate times.

### FOR MORE INFORMATION:

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### UPCOMING EVENTS:



JAN. 31 - FEB. 2, 2020



FEB. 7 - 9, 2020



MARCH 14 - 15, 2020



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