



2009 Mid-Atlantic Sport Stacking Championships

Saturday, January 24th 9:00 a.m. to 5:00 p.m. Laurel Senior High School

The following are all the different Events available to competitors:

General COMPETITION offered:	Specific EVENT offered in each competition:		
INDIVIDUAL	3-3-3	3-6-3	Cycle
"DOUBLES"			Cycle
TEAM RELAY (HEAD TO HEAD)	3-3-3 (6 & under only)	3-6-3	Cycle
TIMED 3-6-3 TEAM RELAY	3-6-3		

NOTES

- ◆ Participants may compete in a portion or all of the events offered in their age division, however, we encourage Stackers to participate in all of their age divisions' events. Participation is the name of the game!
- ◆ 6 & under teams who wish to compete in the Cycle Team Relay may "play up" into the 7u division.
- ◆ Individual-Timed events will be the best of three timed tries after two warm-ups.
- ◆ A relay team consists of four (or five) Stackers. A team can be made up of Stackers of the same age and/or grade or from different ages and/or grades. In this case, the team will compete in the division of the oldest stacker on that team (E.g. a team consisting of Stackers ages 7, 10, 11, & 12 will compete in the 12 & under division of the Team Relay Event). This way, stackers of different ages in the same grade in school can be on the same team!
- ◆ Each participant is limited to only one team in each relay event.
- ◆ Teams must field a complete roster of at least 4 Stackers to compete. Teams with less than 4 Stackers will be disqualified. (Teams of 5 are encouraged, but not required, to assure participation in case a team member cannot attend the competition. The 5th Stacker can then be rotated in.)
- ◆ Team Relay "Head to Head" Events will be "double and/or single elimination" tournaments. A "match" consists of four-on-four, head-to-head competition in the best two out of three relay "races" against one team. All teams are guaranteed at least two matches.



Questions? Contact Garrett Lydic at garrett_lydic@yahoo.com www.midatlanticstacking.com

Stacker checklist of things to do

- Review all registration materials with your parents. Be sure they sign your registration form; encourage them to volunteer.
- Talk with your friends and form a 4 (or 5) person relay team either by your age level or a mixed-age level (limit one team per relay event, per person). Come up with a fun and positive team name, and team t-shirts (optional)
- Find a Relay Team Coach to host pre-competition practice & accompany your team to each competition event.
- Have your Relay Team Coach complete one Team Registration form for your team. Note: The first and last names of all 4 or 5 team members should appear on the form along with your Relay Team Coach and phone number.
- Complete your Individual Registration form.
- Have your Relay Team Coach turn in all your team members' Individual Registration forms and fees with your Team Registration form and Volunteer Registration forms to your Sport Stacking Instructor before Friday, January 9th.
- Practice! Practice! Practice!