



Orlando Metro Gymnastics and the EGO Booster Club welcomes you to the 26<sup>th</sup> annual Sand Dollar/Whitlow Invitational and we look forward to your gym participating in our meet. Listed below are items for your review and distribution to all coaches, gymnasts and parents.

The **Meet Schedule** is available on our web site at [www.orlandometrogyms.com](http://www.orlandometrogyms.com). Although the session start/end times may change, the session assignments or days will not. Please check the web site ([www.orlandometrogyms.com](http://www.orlandometrogyms.com)) prior to leaving for Orlando for the final session start times. Requests to change sessions at this point cannot be honored. We will have 7 gyms running simultaneously, Gyms A, B, C, D, E, F & G.

1. As a reminder, the scratch (with refund minus a \$25.00 administrative fee) and level change deadline **was** December 16, 2022. However, please notify us of any scratches so that rotations may be updated prior to meet day. We will still entertain additions and level changes based on availability. Please e-mail scratches, level changes, and additions to [sanddollarinvite@aol.com](mailto:sanddollarinvite@aol.com). Once the change is made, you will receive an e-mail verification.
2. **Team Roster** - Please review for accuracy, **especially the spelling of the names and dates of birth**. If the USAG number does not appear on the roster, this indicates that we were unable to verify current USAG membership. Please ensure that all athletes and coaches are active members. Without this, they will be unable to participate in the meet. If you have entered a team, there will be an "X" in the T1 column for all your gymnasts in that level. Corrections should be emailed to [sanddollarinvite@aol.com](mailto:sanddollarinvite@aol.com). **Coaches** - *Only verified coaches previously received will be admitted into the meet. If you have additional coaches attending, please e-mail these to the meet director. As a reminder, all professional members must display their USAG membership card while on the competition floor.*
3. **Disney Waiver Forms** – These are required by Disney in order to obtain credentials to enter and participate in the event. Please note: there are adult AND minor waivers (17 and under) and an adult needs to sign the minor waiver. They may be signed at the meet site or if you prefer, you may print them from our website ([www.orlandometrogyms.com](http://www.orlandometrogyms.com)) and bring them with you. Blank ones will be available at the Registration Desk on site. **Only those gymnasts competing in the session will be allowed on the competition floor.**
4. **ESPN Wide World of Sports Box Office and Athlete Registration** – Athlete registration will be open on Thursday from 10:00am – 6:00pm in the Advent Health Arena for those who wish to pick up their credentials early. This is HIGHLY recommended for anyone competing in the first session on Friday. There will be no Box Office to purchase admission tickets. **Admission tickets will only be available for purchase online.** Please make sure your gymnasts and coaches arrive at least 45 minutes prior to scheduled general stretch. The complex is large and you will need plenty of time to get from the parking lot, through registration and into the Visa Center or the Advent Health Arena. Admission: adults \$34.50 per day/\$54.50 weekend pass, children (ages 3-9) \$19.50 per day/\$33.00 weekend pass. There are free parking areas or VIP parking may be purchased online.
5. **Pre-meet Workout** - On Thursday, from 10:30 am – 6:00 pm, the lower level of The Arena will be available for **scheduled** workouts. Contact Karen Kerr at [sanddollarinvite@aol.com](mailto:sanddollarinvite@aol.com) to schedule a time. *Space is limited.*
6. **Sand Dollar/Whitlow Collector Pins/Program Ads** – Please find the order forms on our website ([www.orlandometrogyms.com](http://www.orlandometrogyms.com)) See form for details.
7. **Team Spirit Award** - We will be awarding a Women's Level 10 team with the "George Team Spirit Award". The judges will vote on which team deserves the trophy based on the level of team spirit shown by your team, including spectators.
8. **First Place Level 10 Team** - Meet entry fees for the 2024 Sand Dollar will be waived for the first place Level 10 women's team (the home team is not eligible), for up to ten Level 10 gymnasts.
9. **Team Scoring** - Please note that team scoring is based on the top 3 scores for both the Sand Dollar and Whitlow.
10. **Awards** – Gym EFG awards will be at the auxiliary court of The State Farm field house.
11. **Athletes Gifts** – will be given at awards.
12. **Coaches Hospitality** – Coaches will be given meal vouchers depending on the number of sessions worked. On the coaches corner table we will have a few goodies for our coaches. This will be available throughout the day, stocked with snacks; this is being offered to coaches and event staff volunteers only. Please do not allow your athletes "backstage".
13. **Directions** - If you need directions or additional information, check the website at [www.orlandometrogyms.com](http://www.orlandometrogyms.com).

We look forward to seeing you in January. If you have further questions, please do not hesitate to contact us at the emails below. Please direct questions regarding registration and roster to the Meet Director.

Sincerely,

Petrice Sinclair  
Event Coordinator  
[Petrice.sinclair@orlandometrogyms.com](mailto:Petrice.sinclair@orlandometrogyms.com)

Karen Kerr  
Meet Director  
[sandollarinvite@aol.com](mailto:sandollarinvite@aol.com)