



**28<sup>th</sup> Annual New England Interscholastic  
Girls' Gymnastics Championship  
Saturday, March 8, 2025  
At Jonathan Law High School  
20 Lansdale Ave, Milford, CT 06460**

Presented by the Council of New England Secondary School Principals' Association  
19 Golden Meadow Rd., Hampstead, NH 03841  
Executive Director: Jim Davis, [jim.davis@cnesspa.org](mailto:jim.davis@cnesspa.org),  
President: Dr. Glenn Lungarini, CAS-CIAC

**Time:**

Session 1 –  
All Individuals  
Registration: 8:30 am  
Competition: 10:00 am

Session 2 –  
First, Second & Third Place Teams  
Registration: 12:00 pm  
Competition: 1:30 pm  
(It is helpful for teams to arrive together.)

**Meet Director:**

Kim Longobucco  
(860) 309-5318  
[longobuccok@newtown.k12.ct.us](mailto:longobuccok@newtown.k12.ct.us)

**Site Director:**

Pat Simon  
(203) 215-5015  
[psimon@milforded.org](mailto:psimon@milforded.org)

**Entry Limits:**

Top **three** teams from each state and the top **ten** individual girl gymnasts on each event, plus all-around, from each state. (Note – Gymnasts from a qualified team do **not** count toward the ten allowed individuals. Alternates are allowed for a total of ten from each state, including all-around.)

**Filing of Entries:** All entries and competitor names must be emailed by one state representative by **noon, Monday, March 3, 2025** to **Kim Longobucco** at [longobuccok@newtown.k12.ct.us](mailto:longobuccok@newtown.k12.ct.us). Please use the entry form enclosed in this packet. Late entries will not be accepted, especially the day of competition. All gymnasts on a roster will be assigned a number in pro-score. Coaches may make their line-ups on the day of competition. **The Meet Director will provide Coaches with the NFHS sheets for all of your athletes.**

**Registration/  
Packet Pick-up:** The facility will open for athletes and coaches one hour and a half prior to the start of each session. Teams should check in at the competitor gate. Packets will contain CNESSPA pins and certificates for all competitors.  
**(Note: Please see the Directions/Competitor Drop-Off instructions below.)**

**Entry Fee:** \$20.00 per individual (no team fee, each girl that competes on the team is an individual. There will be no refunds and **no purchase orders** will be accepted, **check or cash only**. Checks should be made payable to the **CNESSPA** and paid at registration **on the day of the meet.**  
(Note: Only team members listed on the entry submission and two coaches will be allowed through the competitor gate. \$10.00 per person can be added to the entry check for additional team members, who are not on the entry form, or additional coaches.)

**General Admission:** \$10.00 **We will only be using ONLINE TICKETS** and there will be **no cash accepted at the gate.** Spectator entrance will open at 8:30 AM. Use the main entrance to the Main Gym at the high school.

The online ticket link is:

<https://gofan.co/event/2478219?schoolId=CNESSPA>

Or see **QR code flyer** on the last page.

**Program:** A program will be posted online at [www.cnesspa.com](http://www.cnesspa.com) a day or two prior to the event.

**Awards:** Scores will be combined from both sessions. Plaques will be awarded to the first, second, and third place teams overall. Individual medals will also be awarded to top 6 individual girls overall in each event plus all around. Awards will be presented after the conclusion of the second session.

**Athletic Trainer:** The Jonathan Law HS Athletic Trainer will be covering the meet. **Please bring whatever medical supplies your athletes may require including tape, pre-wrap, etc.**

**Schedule:** There will be two sessions. The first session will include all Individual Qualifiers. The second session will be for the Qualifying First, Second and Third Place Teams. The meet will be conducted in the Capital Cup format with the use of two sets of equipment.

**First Session –**

Registration: 8:30 am  
Open stretch 9:00 am  
Timed warmup 9:30 am  
March out: 10:00 am

**Second Session –**

Registration: 12:00 pm  
Open stretch 12:30 pm  
Timed warmup 1:00 pm  
March out: 1:30 pm  
**Awards –** Approximately 4:00 PM

**Rules:** NFHS Gymnastics rules will be followed. As per NFHS rules, there can be an unlimited number of all-around competitors per team.

**Warm ups:** Athletes will warm up and compete on the same equipment. Each athlete will receive 2 minutes of warm up time. Warm up times will be blocked on vault and bars and balance beam a bump in will be used on floor following the first rotation who will get a block.

**Concessions:** Concessions will be available.

**Locker Rooms:** **No locker room facilities will be available.** It is HIGHLY recommended that expensive belongings are left at home.

**Athlete Seating:** **When athletes are on a bye they will be seated in the bleachers in a designated area.**

**T-Shirts:** Official New England Gymnastics Championship apparel will be sold at the meet. Apparel can be pre-ordered at <https://www.grteesmsp.com/> until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.

**Video Access:** *CNESSPA shall own the copyright of all broadcasts (live and delayed, film, videotapes, web casts, other electronic reproductions and recordings). Any broadcast or rebroadcast in any form without written consent of CNESSPA is strictly prohibited.*

**Internet Address:** Information and results will be posted at [www.cnesspa.com](http://www.cnesspa.com)

**Hotels:**

It is very important that when calling to make a reservation that you tell the clerk you are with the “**NEW ENGLAND HIGH SCHOOL GYMNASTICS CHAMPIONSHIP**” group. Tell them the rate listed on this page.

**Hampton Inn Milford, CT**

129 Plains Rd, Milford, CT 06460

[\(203\) 874-4400](tel:(203)874-4400)

Room Rate : \$99.00 plus tax/fees per night (Double Queen)

Cut off date : 2/24/25

**Booking Link :**

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=MIFPLHX&groupCode=CHHCGA&arrivaldate=2025-03-07&departuredate=2025-03-08&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

**SpringHill Suites Milford, CT**

50 Rowe Ave, Milford, CT 06460

[\(203\) 283-0200](tel:(203)283-0200)

Room Rate : \$119.00 plus tax/fees per night (Double Queen)

Cut off date : 2/21/25

**Booking Link :**

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1734648831465&key=GRP&guestreslink2=true&app=resvlink>

## **Directions/Competitor Drop-Off Area at Jonathan Law High School**

For the New England Girls Gymnastics Championship here is the procedure that should be followed for drop off, parking and pick up:

Enter the first parking lot and go around to the main entrance in the back of the school. Buses can park in the second parking lot on the other side of the school.

### **JONATHAN LAW HIGH SCHOOL, MILFORD, CT**

*For GPS Directions use the Address Below*

*Jonathan Law High School is Located at  
20 Lansdale Ave, Milford, CT 06460*













# ***BUY TICKETS ONLINE***

*USE THE QR CODE BELOW, OR  
VISIT [GOFAN.CO](http://GOFAN.CO) & SEARCH  
CNESSPA*



*GIRLS' GYMNASTICS CHAMPIONSHIP  
MARCH 08, 2025 | 10:00 AM*