

Coaches' **INFO PACKET**

**January
10 & 11, 2026**

Janesville, WI



oneworld-one love.org



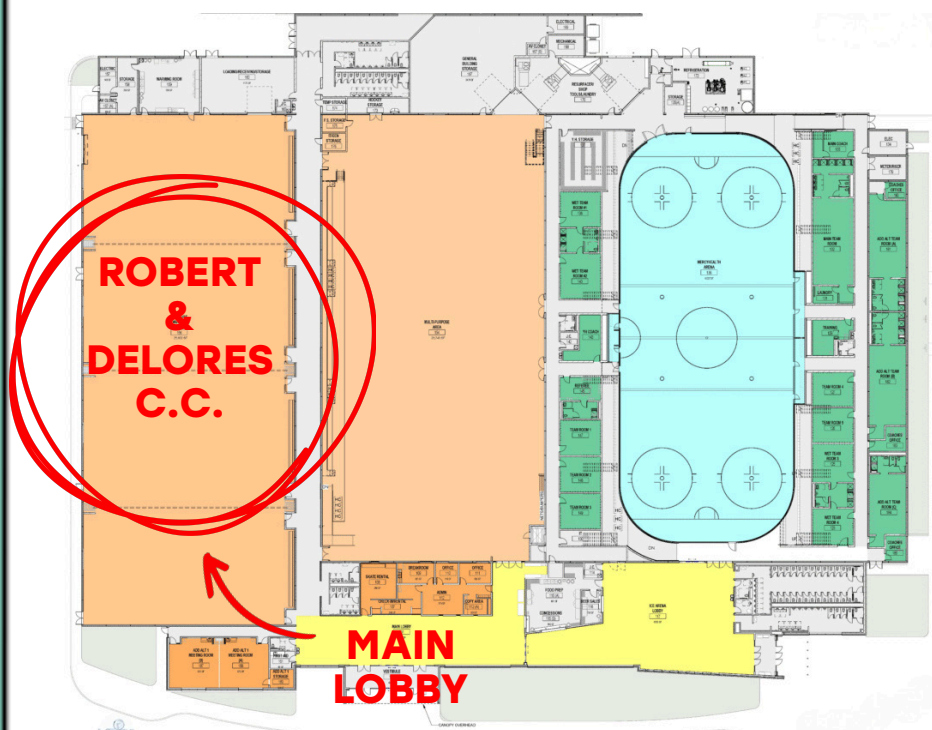
Parking & Facility



**Woodman's Sports
& Convention Center**
2510 Milton Ave.
Janesville, WI 53545

The venue has provided us with the following information:

On-site parking is FREE! There are a few hundred spots, with overflow into the mall.



**The One World
One Love
Invitational with
Aleah Finnegan
will be held in the
Robert & Delores
Convention
Center,
located near the
Main Lobby.**

ADMISSION: CASH ONLY!!!

Adult (16+): \$25;

Child, Active Military & Senior (65+): \$15;

5 & Under: Free.

Wristbands are good for ALL sessions ALL weekend.

Schedule


**Woodman's Sports
& Convention Center**
2510 Milton Ave.
Janesville, WI 53545

Saturday, January 10
Doors Open at 7:30 AM

**Session 1: NGA 1N, 2N, SN,
3N, GN, 5N**

Saturday, Jan 10, 2026

40 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:10 AM

**Session 2: NGA 4N, 6N,
PN, 7N, 8N, DN**

34 gymnasts

Format: Modified Traditional

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 1:20 PM

**Session 3: AAU Level 2,3,
Bronze, Silver**

35 gymnasts

Format: Modified Traditional

Open Stretch Begins: 1:35 PM

March In: 1:55 PM

Awards: 3:55 PM

**Session 4: AAU Level 4,5,6,8,
Gold, Platinum, Diamond**

30 gymnasts

Format: Modified Traditional

Open Stretch Begins: 4:10 PM

March In: 4:30 PM

Awards: 6:15 PM

Session 5: Bronze

30 gymnasts

Format: Modified Traditional

Open Stretch Begins: 6:30 PM

March In: 6:50 PM

Awards: 8:05 PM

Sunday, January 11
Doors Open at 7:30 AM

Session 6: Silver

Sunday, Jan 11, 2026

80 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:55 AM

Session 7: Gold

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 2:00 PM

**Session 8: Levels 4,6,7,
Diamond**

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:15 PM

March In: 2:35 PM

Awards: 5:00 PM

**Session 9: Levels 8,9,10,
Platinum, Sapphire**

47 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:15 PM

March In: 5:35 PM

Awards: 8:25 PM

Coaches Check-In

**PLEASE MAKE
SURE THAT ALL
COACHES
ATTENDING ARE
PRE-REGISTERED!**

Upon arrival, please report to the Meet Director's table for sign-in/to get your pink wristband. Gymnasts should check in with their coach(es). Please be mindful of league crossovers. This competition will host USA Gymnastics, NGA and AAU. Coaches may not come onto the competition floor or sign in until the close of the respected sanction. This also goes for athletes.

Please note per Rules & Policies: *ONLY competing gymnasts and their coach(es) are allowed on the field of play, and ONLY during the session in which they are competing.

Coaches, please remember to take your gymnast leotard bag(s) before leaving the venue. The bag(s) are labeled with your gym name and are placed near the scoreboard. If you have a large team, please check to see if you have multiple bags. You MUST cross-reference your gymnast leo size list (it will be included in your bag) with what is given in your bag(s). This size list was pulled from MeetMaker on our leotard order date — if you had a late add or have a question about a size, please see the Meet Director for leo/size availability. We are unable to mail missing or incorrect sizes after the close of the competition.

We will offer a coaches meeting prior to each session, each day of the competition. If you are coaching multiple sessions, you do not need to attend more than your first session's meeting.

Coaches Tips

- Double check your gymnast roster and come prepared with any scratches and changes at check-in! Scratches should be turned into our Score Master as soon as possible.
 - Familiarize yourself with the equipment before your session starts to ensure you know how to adjust to your settings. We will have on-site techs to assist before and during the competition.
 - Know your surroundings — Identify Flight A & Flight B.
 - Arrange to have a sufficient number of coaches present to facilitate coaches for all your gymnasts on sessions where your club is split between squads.
 - Score inquiries must be submitted to the Meet Director or Meet Referee WITHIN 5 MINUTES OF THE COMPLETION OF THE SQUAD'S COMPETITION ON THAT EVENT. You can find these forms at our Score Master's table.
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Athletic Trainer

LR Productions has partnered with TD Sports Medicine and Performance to provide industry leading athletic trainers during this competition. Please locate their booth by the head table for any sports medicine needs (ice, bandaids, injuries, etc.)

Competition Format

We will be competing in Modified Capital Cup format (Flight A & B). Both flights are continuous rotation so please move to your next event promptly after your last gymnast has competed and the next event is vacated.

The squad with the largest number of athletes will determine the time allotted for time warm-up, unless otherwise determined by the head judge for competition runtime purposes. All events will be timed together using pre-set digital screens. Once the clock has started, your warm-up time has begun. We ask that you work together to help with bar sets, vault mats, spotting blocks, etc. to help keep the meet running on time!

Awards

Medals will be awarded to the top 50% + 1 on each individual event, 100% in the all-around, and Top 6 Teams.

If you have questions, please direct them to our Score Master or the Meet Director.

Athlete Connection



ALEAHFINN

ALEAH FINNEGAN



Coaches, we are so excited for you and your gymnasts to meet Aleah Finnegan, and she is excited to meet you! To keep the competition moving, please adhere to the following format: After your team competes uneven bars, have your gymnasts proceed to the competition signing banner for a team photo with Aleah Finnegan. If you do not see her while at the banner, ask any of the LR staff to locate her, as she will be floating around the competition floor offering encouragement during the meet. With the time restriction of the competition and the amount of gymnasts competing, Aleah will be unable to take selfies and sign autographs (with the exception of purchased Aleah posters*). We feel what we do for one, we have to do for all.

*Aleah Finnegan posters will be available for purchase at the Entry Admission table. If your gymnast purchases one, she will take it with her while competing and have it signed when it's her team's turn at the signing wall.

Please talk to your gymnasts about these guidelines before the competition.



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