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ONSITE CHECK-IN

The MidAmerican Energy Company RecPlex

6500 Grand Ave., West Des Moines, IA 50266



We recommend that all participants check-in onsite at least one day prior to their competition. Please see Entry Packet for detailed information on check-in date. A coach or team representative can check-in the athlete. At Check-In, participants will receive a credential or wristband (depending on the sport) to gain admittance into the competition venues. Credentials and wristbands are non-transferable.

Check-In for the following sports ONLY:

Baton Twirling*, Fencing, Jump Rope, Karate, Sport Stacking, Trampoline & Tumbling, Taekwondo* and Wrestling*

**Baton Twirling, Karate, Taekwondo and Wrestling participants must also check-in or weigh-in with the Sport Committee. Please refer to the sport entry packet for information and times.*

CHECK-IN HOURS

Tuesday, July 25	12:00 pm – 6:00 pm
Wednesday, July 26	8:00 am – 4:00 pm
Thursday, July 27	8:00 am – 4:00 pm
Friday, July 28	8:00 am – 4:00 pm
Saturday, July 29	8:00 am – 4:00 pm
Sunday, July 30	12:00 pm – 4:00 pm
Monday, July 31	12:00 pm – 4:00 pm