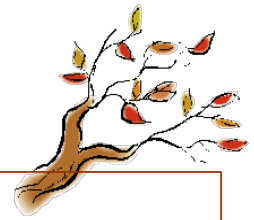


AAU Missouri-Ozark Heartland Fall Invite



Date:	Saturday , November 15th
Site:	Heartland Gymnastics
Age Divisions:	Gymnast age as of the day of the competition. The number of gymnasts per age group will depend on the number of entries. If there are more than 10 gymnasts in an age group, we will split them according to their birth date.
Awards :	Ribbons for individual events Medals for the All-Around Team trophies for the team competition
Mail Entry Forms & Fees to:	Heartland Gymnastics 2603 Gerhardt Rd. Cape Girardeau, MO 63701
Registration Deadline:	October 24 th , 2014
Entry Fees:	\$32.00 All-Around (Girls) \$37.00 All-Around (Boys) \$25.00 Team Competition (per level)
AAU Sanction Meet:	Gymnasts must be members of AAU for this competition to count as 1 of the 2 qualifying meets. Please submit current AAU numbers for all gymnasts.
Admission:	Adults \$5.00 Kids \$2.00



FINAL Meet Schedule

Session I 1,5-9,Xcel, boys	Level 2 &	Session II 4 (9 & UNDER)	Session III Level Level 3& 4 (10 & OVER)
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Open Stretch	8:45 AM	1:00 PM	5:00PM
Coaches Meeting	8:55 AM	1:10 PM	5:10PM
Walk-in	9:00-9:10 AM	1:15 -1:25PM	5:10-5:20PM
Competition	9:10-11:45 AM	1:25-3:30 PM	5:20-7:30PM
Awards	11:45 AM	3:30 PM	7:30PM

- ? This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- ? All participants must have a current AAU membership.
- ? AAU membership may not be included as part of the entry fee to the event.

? AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.