

5th Annual Holiday Handsprings to Help Others

December 11, 2016

Hosted by RAYG Gymnastics

Lowell, MI



- AGE GROUPS:** 18 and under
- LEVELS:** Level 2 and Xcel levels Bronze, Silver, Gold, Platinum
- ENTRY FEE:** \$65 individuals, no teams. Please bring a few items to donate to our local food pantry.
- ENTRY DEADLINE:** Entry form with compete roster including t-shirt sizes and a check for all entry fees must be received by Saturday, November 19, 2016. Due to limited space for this meet, late registrations WILL NOT be accepted.
- MEET LOCATION:** 300 High St, Lowell, MI, 49331 (our small practice gym)
- AWARDS:** 1st-3rd medals & 4th-10th ribbons for each event. All medals for AA.
- FORMAT:** Warm up, compete, rotate, repeat.
- RULES:** Tournament will follow current AAU Gymnastics rules.
- ENTRY FEES PAYABLE TO:** RAYG Gymnastics, P.O. Box 87, Lowell, MI 49331.

This event is licensed 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 connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR MORE INFORMATION:

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