

2nd Annual Frosty's Flip Fest

Hosted by All Star Gymnastics



December 7, 2014

Competition Site: All Star Gymnastics, 4046 D Fernandina Rd. Columbia, SC 29212

AAU Levels 1-10, Prep Op Bronze- Diamond

Level 1-2 & Prep Op Bronze: \$40.00 (One Judge Panel)

Level 3-5: \$45.00 (2 Judge Panel)

Level 6-10: \$50.00 (2 Judge Panel)

Prep Op Silver, Gold, Platinum and Diamond: \$45.00 (2 Judge Panel)

Team Entry Fees: \$35.00

Awards: 100% All Around awards given

T-Shirts will be given to all athletes and coaches

Make Checks Payable to ASG

Entry Deadline: November 1, 2014

Meet Director: Randall Russell 803-561-9682

Equipment: JF Beam, JF Vault, AAI Floor, AAI Bars

Host hotel information will be sent out with the schedules and directions

- 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 Youth Athlete membership must be obtained before the competition begins.
- BE PREPARED! Adult and Non Athlete memberships are no longer instant and cannot be applied for at event.
- Please allow at least 10 days for membership to be processed.
 - Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.