



AAU Missouri-Ozark Heartland Shamrock Invite



Date:	Saturday , March 11 th , 2017
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:	February 17 th , 2017
Entry Fees:	\$35.00 All-Around (Girls) \$40.00 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 \$3.00



TENTATIVE Meet Schedule

Session I Session II Session III

Level 1, Boys, XBronze Level 2, XSilver Level 3-6, XGold/Plat

Open Stretch	8:45 AM	12:00 PM	3:00 PM
Coaches Meeting	8:55 AM	12:10 PM	3:10 PM
Walk-in	9:00-9:10 AM	12:15 -12:25 PM	3:15-3:25 PM
Competition	9:15-10:45 AM	12:30-2:00 PM	3:30-6:00 PM
Awards	10:45 AM	2:00 PM	6:00 PM

- ? 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.
- ? **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 web site www.aausports.org to obtain their membership