

**North Carolina AAU**  
**Gymnastics**  
**Queen of the QC**  
**December 12 - 13, 2020**  
**Hosted by Carolina Flipz**  
**Carolina Flipz, Pineville, NC**

**AGE GROUPS:** Youth Level 3, Youth Level 4, Youth Level 5, Youth Level 6, Youth Level 7, Youth Level 8, Youth Excel Bronze, Youth Excel Silver, Youth Excel Gold, Youth Excel Platinum, Youth Excel Diamond

**ENTRY FEE:** \$70.00

**ENTRY FEE PAYABLE TO:** Checks made to Carolina Flipz

**ENTRY DEADLINE:** November 28, 2020

**AWARDS:** Every gymnast will receive an all-around medal.

Team Award \$50/team Teams will receive a small trophy.

Top 3 team awards will receive a crown trophy and the gym with the highest 3 scores across all

**RULES:** Following NC AAU Gymnastics Guidelines

Admission is \$10 Per Adult and \$5 per child (3-15 yrs old)

**ADDITIONAL INFO:** Covid-19 Refund Policy: If we must cancel the competition due to Covid-19 we will issue a full refund to each gym until November 21, 2020. If we are forced to cancel any time after November 21, 2020 we will issue a 75% refund to each gym.

Any athlete that tests positive for Covid-19 within 2 weeks of the competition will receive a full refund. The athlete must have a doctor's note stating when their quarantine time began and ended. The competition dates must fall within that time frame.

Covid-19 Safety Protocols: Different entry and exit points out of the gym. Sanitizing stations placed throughout the facility. Facemasks will be required to be worn inside the facility. Gymnasts will be allowed to take off their facemask during warmups and competition. Gym spectators and athletes will have their own specific areas for viewing and warmup. Temperatures will be checked upon entering the facility. Anyone with a temperature of 100.4 or higher will not be allowed to enter. Coaches will be encouraged to have their team social distance from other teams and judges.

**FOR MORE INFORMATION:**

Angela Renee Davis  
carolinaflipz@gmail.com

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 memberships to be processed.

Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.