



AAU Missouri-Ozark Heartland Shamrock Invitational



Date:	Saturday & Sunday March 6th & 7th, 2021
Site:	Heartland Gymnastics 3920 Nash Rd, Cape Girardeau
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 12 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 banner for the team competition
Mail Entry Forms & Fees to:	Heartland Gymnastics 3920 Nash Road Scott City, MO 63780
Registration Deadline:	February 5th, 2021
Entry Fees:	\$50.00 All-Around (Girls) \$55.00 All-Around (Boys) \$30.00 Team Competition (per level)
AAU Sanction Meet:	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 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 an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership. 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 (CASH ONLY):	Adults \$6.00 Kids \$3.00

Schedule will be made as soon as the number of gymnasts are available. Please send your rosters in early to kassi@heartlandgymnastics.org. Spectators will be limited to 2 per gymnast and sessions will be kept small. Masks will be required.

