

**Holiday Handsprings Meet**  
***December 14, 2024***  
Hosted by RAYG Gymnastics  
Lowell, MI



<b>AGE GROUPS:</b>	All ages
<b>LEVELS:</b>	All <u>Xcel</u> levels
<b>ENTRY FEE:</b>	\$70 individuals, \$50 per team Each gymnast will receive a meet t-shirt
<b>ENTRY DEADLINE:</b>	Entry form with compete roster including t-shirt sizes due by email no later than November 1, 2024. Due to limited space for this meet, late registrations WILL NOT be accepted.
<b>MEET LOCATION:</b>	300 High St, Lowell, MI, 49331 (our small practice gym)
<b>AWARDS:</b>	1 <sup>st</sup> -3 <sup>rd</sup> medals & 4 <sup>th</sup> -10 <sup>th</sup> ribbons for each event. All medals for AA.
<b>FORMAT:</b>	Warm up, compete, rotate, repeat.
<b>RULES:</b>	Tournament will follow current AAU Gymnastics rules.
<b>ENTRY FEES PAYABLE TO:</b>	RAYG Gymnastics (Mail to: Michele DeHaan, 312 E North St, Hastings, MI 49058.

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](http://www.aausports.org) to obtain their membership.

**FOR MORE INFORMATION:**

Michele DeHaan  
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