

2025 GIRL POWER INVITATIONAL--USA

MISSOURI-OZARK AAU GYMNASTICS MEET

FEB 1-2, 2025

Hosted by: Xtreme Gymnastics

Meet Facility/Location: **HOUCK FIELD HOUSE @ SEMO**
400 Houck Place
Cape Girardeau, MO

Meet Director: Jessie Walker-Luce (573) 713-0037

Gymnast Entry Fee **USA fee \$95 per athlete**

Team Entry Fee **\$40 per team/level entry**

****Clubs must hold an AAU Club Membership to be eligible for team awards at AAU competitions****

Levels: All Xcel Divisions; Level 1-8.

ENTRY DEADLINE: December 15, 2024 LATE ENTRIES WILL NOT BE ACCEPTED

****please help us plan our meet as effectively and efficiently as possible by registering your athletes in Meet Maker by the due date! Thank you in advance for your cooperation!****

How to Register: PLEASE REGISTER ALL GYMNASTS AND TEAMS WITH MEET MAKER!

Admission: \$10.00 adult, \$5.00 children CASH ONLY

Ages 5 and under are free

****Please make sure your parents are aware of the entry fees. This helps prevent "disgruntled spectators." Thank you!**

Awards: USA: 50% plus 1, events and all around.

Refund Policy: Refunds due to injury or illness will be provided through January 15, 2025 WITH A VALID DOCTOR'S NOTE/EXCUSE.

If the entire event is canceled, refunds will be provided less any non-refundable expenses (awards, prepaid hospitality, etc)

Hospitality: Light lunch and dinner served. Additional snacks throughout the day.

PLEASE NOTE:

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU **Youth** Athlete membership must be obtained before the competition begins.
Non-Athlete memberships 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 website www.aausports.org to obtain their membership.

2025 GIRL POWER INVITATIONAL--AAU

MISSOURI-OZARK AAU GYMNASTICS MEET

FEB 1-2, 2025

Hosted by: Xtreme Gymnastics

Meet Facility/Location: **HOUCK FIELD HOUSE @ SEMO**
400 Houck Place
Cape Girardeau, MO

Meet Director: Jessie Walker-Luce (573) 713-0037

Gymnast Entry Fee **AAU fee \$75 per athlete**
Team Entry Fee **\$40 per team/level entry**
****Clubs must hold an AAU Club Membership to be eligible for team awards at AAU competitions****

Levels: All Xcel Divisions; Level 1-8; **ADULT DIVISION (AAU); BOYS 4 X 4 (AAU)**
RULES: Following National AAU Gymnastics routines, rules and allowances for AAU.

ENTRY DEADLINE: December 15, 2024 LATE ENTRIES WILL NOT BE ACCEPTED

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How to Register: PLEASE REGISTER ALL GYMNASTS AND TEAMS WITH MEET MAKER!

Admission: \$10.00 adult, \$5.00 children CASH ONLY
Ages 5 and under are free
****Please make sure your parents are aware of the entry fees. This helps prevent "disgruntled spectators." Thank you!**

Awards: AAU: Medals for events, TROPHIES for all around.
****We will be awarding 100% placement on each event and all around.**
****AAU Awards will be announced so that each gymnast will be presented all awards at the same time.**

Refund Policy: Refunds due to injury or illness will be provided through January 15, 2025 WITH A VALID DOCTOR'S NOTE/EXCUSE.
If the entire event is canceled, refunds will be provided less any non-refundable expenses (awards, prepaid hospitality, etc)

AAU Age Groups: No more than 14 gymnasts will be allowed per awards age group.
We will split larger age groups based on birthdates.

Hospitality: Light lunch and dinner served. Additional snacks throughout the day.

PLEASE NOTE: 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 to obtain their membership.