



# AAU Missouri-Ozark Heartland Shamrock Invitational



<b>Date:</b>	<b>Saturday &amp; Sunday March 11<sup>th</sup> &amp; 12<sup>th</sup>, 2023</b>
<b>Site:</b>	Heartland Gymnastics 3920 Nash Rd, Cape Girardeau
<b>Age Divisions:</b>	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.
<b>Awards:</b>	Ribbons for individual events Medals for the All-Around Team banner for the team competition
<b>Mail Entry Forms &amp; Fees to:</b>	Heartland Gymnastics 3920 Nash Road Scott City, MO 63780
<b>Registration Deadline:</b>	<b>February 10th, 2023</b>
<b>Entry Fees:</b>	\$60.00 All-Around (Girls) \$45.00 Team Competition (per level)
<b>AAU Sanction Meet:</b>	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. <b>Be Prepared:</b> 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 <a href="http://www.aausports.org">www.aausports.org</a> 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.
<b>Refund Policy:</b>	Refunds due to injury or illness will be provided through February 28 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)
<b>Admission (CASH ONLY):</b>	Adults \$6.00 Kids \$3.00 (ages 6-17)

Schedule will be made as soon as the number of gymnasts are available.  
Please send your rosters in early to [kassi@heartlandgymnastics.org](mailto:kassi@heartlandgymnastics.org).



# Shamrock Invite Entry Form

Gym Name: \_\_\_\_\_

Name	Level	Age	Birthdate	AAU #

Number of Girls' All-Around Entries: \_\_\_\_\_ x \$60.00 = \$\_\_\_\_\_

Number of Team Entries: \_\_\_\_\_ x \$45.00 = \$\_\_\_\_\_

Total Amount Due: \$ \_\_\_\_\_

Indicate levels entering for Team:                    1   2   3   4   5   6   7   8   9  
    Bronze Silver Gold Platinum Diamond

Heartland Gymnastics  
 3920 Nash Rd  
 Scott City MO 63780  
 Phone: 573-339-1992  
 E-mail: [heartlandgym01@gmail.com](mailto:heartlandgym01@gmail.com)

**Host hotel:**

**Pear Tree Inn (Cape Girardeau Medical Center)  
3248 William St  
Cape Girardeau MO 63701**

**phone #573-334-3000 or 1-800-325-0720  
druryhotels.com**

**group number: 10032068**

**Group rate \$113.00 per night**

**Block is reserved until 2/10/23. So call early for your rooms! Last year, all of Cape was booked out for a tournament.**