

**Iowa AAU**  
**Trampoline - Tumbling**  
**IDES' Proud To Be American**  
**November 12, 2022**  
**Hosted by IDE Gymnastics, Inc.**  
**Ide Gymnastics, Inc., Brighton, IA**

**AGE GROUPS:** 3-4 Yrs Old, 3-6 Yrs Old, 3-8 Yrs Old, 5 Yrs Old, 5-6 Yrs Old, 6 Yrs old, 7 Yrs Old, 7-8 Yrs Old, 8 Yrs Old, 9 Yrs old, 9-10 Yrs Old, 10 yrs old, 11 Yrs old, 11-12 Yrs Old, 11-20 Yrs Old, 12 Yrs old, 12-20 Yrs old, 13-14 Yrs old, 13-20 Yrs old, 15-16 Yrs Old, 15-20 Yrs Old, 17-20 Yrs Old

**ENTRY FEE:** \$0.00

**ENTRY FEE PAYABLE TO:** IDE Gymnastics 311 W. Fountain St. Brighton, IA 52

**ENTRY DEADLINE:** October 15, 2022

**SIGN UP AT:** NA

**AWARDS:** Trophies 1-3 Medals 4-10  
Event 1-\$30 Event 2-\$40 Event 3-\$50  
Trampoline, Double Mini, Single Mini

**RULES:** Equipment provided by FlipSquad  
AAU Sanctioned Event

**ADDITIONAL INFO:** Cardinal High School  
4045 Ashland Rd  
Eldon, IA

**FOR MORE INFORMATION:**

Jeffrey Thomas Ide  
idegymnastics@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.