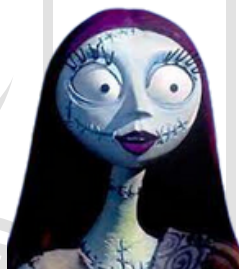


# NIGHTMARE BEFORE CHRISTMAS

HOSTED BY



OCTOBER 28 2023



## Events:

ALL LEVELS INVITED

DOUBLE MINI

SINGLE MINI

TUMBLING: (NOVICE AND ABOVE WILL COMPETE (2) 5 SKILL PASSES)

## Location:

EVANS MIDDLE SCHOOL - 812 CHESTER AVE OTTUMWA, IA 52501

CONCESSIONS WILL BE AVAILABLE - NO OUTSIDE FOOD OR DRINKS

DEADLINE: REGISTER BY OCT 13TH

\*\*\*ALL ENTRIES MUST BE POSTMARKED BY OCT 14TH\*\*\*

1 EVENT \$30: 2 EVENTS: \$40 3 EVENTS: \$50 (NO REFUNDS)

PAYABLE TO: IOWA X-PLOSION

\*\*LATE ENTRIES WILL BE CHARGED A \$50 FEE PER EVENT\*\*

\*\* ENTRIES DAY OF MEET WILL BE CHARGED \$100 PLUS

ENTRY\*\*

\*\*\*DAY OF CHANGES \$40 FEE PER CHANGE\*\*\*

EMAIL ENTRIES TO: IA.XPLOSIONCHEER@GMAIL.COM

## Admission

\$5 PER PERSON

4 & UNDER FREE

PROGRAMS \$5

## Awards

1ST-3RD TROPHY

4TH-10TH MEDALS

## Equipment

ROD FLOOR: 56' FLOOR WITH 12' RUN AND 12' LANDING MAT.

CARPET BONDED FOAM: FOR SUB BEG — ADV BEG.

DOUBLE MINI: 30' RUN AND 16' YELLOW ONLY LANDING ZONE

- 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.