



NOVEMBER 5, 2023 HOSTED BY EXA SPORTS

Meet Location: EXA Sports

Format: Modified Capital Cup

Meet Entry Fee: XCEL: \$30 Bronze, Level 1-3
\$30 Silver & Gold, Level 4-5,
\$30 Platinum & Diamond, Level 6-8
\$30 Open Optionals

Entry Deadline: October 15, 2023 \$10.00 per athlete late fee if not received by deadline

Final Schedule: Final schedule will be posted on our website by November 1, 2023

Refunds: Refund requests will be accepted until November 1, 2023
After that date, we are committed to expenses, and only substitutions will be allowed

Awards & Gifts: Ribbons and medals will be awarded 50% +1 for Individual Events and 100% AA
Team Places 1st – 3rd

AAU Gymnastics

AAUGymNational@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 to obtain their membership.

MAIL REGISTRATIONS TO: EXA Sports
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www.exa-sports.com