



**FL!PS GYMNASTICS**  
*INVITES YOUR CLUB TO COMPETE IN OUR*  
**2011 FL!PS FALL HOE-DOWN**  
**COMPULSORY INVITATIONAL**  
**LEVELS 4, 5 and 6**



**SATURDAY AND SUNDAY**  
**SEPT 24<sup>TH</sup> & SEPT 25<sup>TH</sup> 2011**

**LOCATION:** NORTH SAINT PAUL HIGH SCHOOL  
 2416 11<sup>TH</sup> AVE E.  
 NORTH ST PAUL, MN 55109

**HOSTED BY:** THE FL!PS GYMNASTICS BOOSTER CLUB  
 GYM: 651-777-4776 FAX: 651-777-9644  
 CONTACT: Lara Parenteau



**ENTRY FEES:**  
 LEVEL 4 \$65.00  
 LEVEL 5 & 6 \$65.00  
 LEVEL 4 - 6 TEAM FEE \$50.00

**ENTRY DEADLINE:** FRIDAY AUGUST 26, 2011  
**LATE FEE:** PLEASE ADD \$5.00 PER GYMNAST AFTER DEADLINE  
**NO REFUNDS WILL BE GIVEN AFTER DEADLINE**  
**SPACE IS LIMITED AND ENTRIES WILL BE TAKEN ON A FIRST COME BASIS**

**MAKE CHECKS PAYABLE TO:** *FGC BOOSTER CLUB*

**MAIL CHECKS TO:** FLIPS GYMNASTICS  
 3505 COMMERCE BLVD  
 WHITE BEAR LAKE, MN 55110





**ADMISSION FEES:**

ADULTS: \$7.00  
12 AND UNDER: \$3.00  
SENIORS: \$5.00  
PROGRAMS: \$3.00



**EQUIPMENT:**

VAULT: AAI ELITE, AAI RUNWAY 7/8"  
BARS: AAI ELITE  
BEAM: AAI REFLEX  
FLOOR: SPRING FLOOR

**AWARDS:**

ACHIEVEMENT AWARDS WILL BE GIVEN FOR LEVEL 4 & 5.  
LEVEL 6 PLACEMENT AWARDS FOR ALL EVENTS AND ALL  
AROUND. TEAM AWARDS WILL BE GIVEN OUT FOR THE  
TOP THREE TEAMS FOR LEVEL 4, 5 & 6.

MEET FORMAT: TRADITIONAL  
MEET DIRECTOR: LARA PARENTEAU  
CELL: 612-275-2941

**CONCESSIONS:**

FOOD AND BEVERAGES WILL BE ON SALE AT EACH  
SESSION

EVERY GYMNAST WILL RECEIVE A FREE GIFT FOR  
PARTICIPATING AT OUR MEET!



**PLEASE COME JOIN US!**

