

Hamline

Holiday

Spirit

Dec.

18th~

19th

2010

LEVELS: USAG L5-10, Prep Op

INDIVIDUAL ENTRY FEE: L5-6: \$60; L7-10: \$80; Prep Op: \$35
TEAM ENTRY FEE: All levels: \$55

Entries must be postmarked by **FRIDAY NOVEMBER 19TH**
Please email entries to: dbyrnes@hamline.edu AND
pamela.spiritgym@gmail.com

Make checks payable to: Spirit Gymnastics

Mail entries to: Spirit Gymnastics, Inc.
Hamline University, MS-A1795
1550 Taylor Ave.
St. Paul, MN 55104



ADMISSIONS: Adult: \$7, Seniors & Children (under 12): \$5

CONCESSIONS: Available all day

MEET DIRECTOR: Doug Byrnes Phone: (651)523-2383
Pamela Sersen Phone: (307)438-1044
Email: pamela.spiritgym@gmail.com
dbyrnes@hamline.edu

LOCAL HOTELS: Best Western, Bandana Square: (651)647-1637
Days Inn St. Paul: (651)645-8681
Radisson University Hotel: (612)379-8888

AGE GROUP & AWARDS: A
Holiday Award
provided for the top finisher on each event & AA from each team, plus an additional award for the overall event & AA winner. We provide a team award for the top three finishing teams. Awards will be holiday-themed, rather than traditional ribbons.

MEET SITE:
Walker Fieldhouse
Hamline University
1536 Hewitt Ave
St. Paul, MN 55104

SCHEDULE: Check
www.spiritgym.com

MEET FORMAT:
Modified Capital Cup,
and we attempt to keep all teams, regardless of level, together.

EQUIPMENT: AAI
Super Wide Bars, AAI
LZT Vault Table, AAI
Reflex Beam, 40x40
AAI Palmer Spring
Floor, Stratum Boards