



Invites you to participate in the

2019 RVA Invitational Gymnastics Competition

Sunday, April 14, 2019

XCEL Bronze Silver Gold Platinum Diamond

The competition will be held at

Deep Run High School
4801 Twin Hickory Road
Glen Allen, VA 23059

Entry deadline: January 1, 2019 or when full

Level Change Deadline: January 1, 2019

We hope you can join us.

Information and entry form included and found at

TwistGymnastics.com

Call or email us with any questions you may have.

Lisa Cain and Twist Gymnastics

804-360-9490

Lisa@TwistGymnastics.com



2019 RVA Invitational Gymnastics Competition

Sunday, April 14, 2019

Host Club:	Twist Gymnastics
Competing Levels:	All Xcel Divisions
Entry Fees:	\$100.00 per gymnast
Website:	www.TwistGymnastics.com
Entries:	Make checks payable to Twist Gymnastics and please mail all entries to: Twist Gymnastics 2130 John Rolfe Parkway Henrico, VA 23233
Meet Director/Coordinator:	Lisa Cain email: Lisa@TwistGymnastics.com Phone number: 804-360-9490
Entry Deadline:	January 1, 2019 – or when full
Cancellation Deadline:	No Refunds after January 1, 2019 for any reason
Level Change Deadline:	February 1, 2019 No swaps/changes after February 10, 2019
Late Fee:	\$10 per gymnast if entry is received after February 3rd, 2019
Competition Schedule:	Sunday April 14th, 2019 from 8:00 am – 9:00 pm **session times will be posted on www.twistgymnastics.com and emailed to coaches after February 10, 2019
Team Entry Fees:	\$50.00 per team Team awards will be given for the first, second, and third placed teams.
Competition Format:	Modified Capital Cup Format Competition
Location:	Twist Gymnastics will host the 2019 RVA Invitational Gymnastics Competition at: Deep Run High School 4801Twin Hickory Drive Glen Allen, VA 23059
Admission Fees:	Ages 5 & Under : Free Ages 6 – 12: \$5.00 \$10.00 Ages 13 & up: \$10.00 Senior Citizens (55 +): \$5.00 *ONLY CASH ACCEPTED FOR ADMISSION FEES
Awards:	Three to five age divisions per level Medals: 50% on Individual events and 100% in the All Around Team Awards: 1st, 2nd and 3rd places. Individual and Team awards will be given after each session

RVA INVITATIONAL ENTRY FORM

Sunday, April 14, 2019

Club Name _____ Club USAG # _____

Club Address _____ City _____ State _____ Zip _____

Club Phone _____ Club Contact: _____

Contact Email _____ Contact Cell : _____

Coaches Name	USAG#	Safety Expiration	Background Exp.

#	Gymnasts Last Name	Gymnasts First Name	USAG #	Level	Birth Date	T Shirt size
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Number of gymnasts entered: _____ x \$100 _____

Circle Teams Entered:: Bronze Silver Gold Platinum Diamond _____ x \$50 _____

Total Entry Fee \$ _____

Make club check payable to Twist Gymnastics and mail to:
Twist Gymnastics, 2130 John Rolfe Parkway, Henrico, VA 23233