



AAU GYMNASTICS MIDWEST REGIONAL CHAMPIONSHIP

March 4 – 6, 2016

**Five Flag Center
Dubuque, Iowa**



**2016 AAU Gymnastics
Midwest Regional Championships
March 4 – 6, 2016**
www.360sports.events

- Facility:** **Five Flag Center**
405 Main Street
Dubuque, IA 52001
563-589-4254
- Meet Host:** 360 Sports Events LLC
- Meet Director:** Doug Jonuska
608-314-0333
doug@360sports.events www.360sports.events
- Entry Fees:** \$80.00 per athlete (Entry fees are NON REFUNDABLE)
\$30.00 per club team (3 athletes or more per level, 3 scores count)
Regional Team Award (Top 3 event scores per level regardless of age per District) – no cost!
- Entry Method:** Online Registration Only – go to www.360sports.events to register.
- Entry Deadline:** January 12, 2016
A \$10 late fee per athlete will apply to entries postmarked after this deadline.
- Rules/Schedule/Format:** National Rules. Schedule determined after entries are received. Traditional Format and/or Modified Non Traditional Format for all divisions. All warm-ups will be blocked time to include all bar settings and changes.
- Awards:** Awards are provided for each skill level and age division. Every athlete will be awarded an AAU Regional Championship All-Around Medal and Participation Patch. Individual event awards are provided to the top 50% + 1 within each age division.
- Club Team Awards will be for the top 50% +1.
- Regional Team Awards will recognize the top three teams per District. Each gymnast with a contributing score will be named on the District Team and receive a star designation pin to place on Regional Participation Patch.
- Admission:** Athletes that are entered for the meet receive complimentary entrance to all sessions. Spectator admission is required for all events at Five Flag Center.
- At the Door Daily Admission Adult (ages 13-64) \$12
 Children (ages 3-12) \$10
 Seniors (ages 65+) \$10
- Under 3 years of age are FREE

Parking: Combination of Parking Ramp \$1 for first hour and \$.50 for each additional hour and metered street parking is \$.25 for 30 minutes.

AAU Membership: All athletes and coaches must have a 2015-16 membership. For more information on AAU Membership, or to purchase your athlete or non-athlete membership, go to www.aausports.org.

- This event is sanctioned 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 Youth Athlete membership must be obtained at www.aausports.org 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 10 days for membership to be processed.

Skill Levels/Age Division: Girls Compulsory Divisions:
Level 1-6

Girls Optional Divisions:

Level 7
Level 8
Level Open Optional (OO)
Xcel Bronze
Xcel Silver
Xcel Gold
Xcel Platinum

Ladies Division: (No Age Divisions)
Any Optional Level

- Age determination date is the first day of competition, March 4, 2016.
- Athletes in each skill level will be grouped into age divisions determined by birthdate ranges
- Age divisions with 17 or more athletes will be divided into smaller groups.

Housing: 360 Sports makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. 360 Sports have carefully selected the host hotels and partner hotels. These properties are ready to work with you providing the best accommodations at a great price. Please do not book your rooms through other online systems. The host hotel is the Grand Harbor Resort and Waterpark. Please call 866-690-4006 to get the special AAU Midwest Regional Championship rate.



Host Hotel as well as Partner Hotel information can be found at:
www.360sports.events



July 5, 2015

Dear Coaches, Parents and Athletes,

It is with great pleasure that we invite you to attend the 2016 AAU Midwest Regional hosted by 360 Sports. The Championships will be held March 4-6, 2016 at the Five Flag Center, 405 Main St, Dubuque, Iowa.

Host hotel, Grand Harbor Waterpark Resort, has over 250 hotel rooms, restaurants, bars and Indoor Waterpark! Families staying at the host hotel receive free water park passes. Please call the Grand Harbor Waterpark Resort at 563-690-4000 to get the special AAU Midwest Regional Championship rate. Host Hotel as well as Partner Hotel information can be found at: www.360sports.events .

Please visit our website for additional information at www.360sports.events.

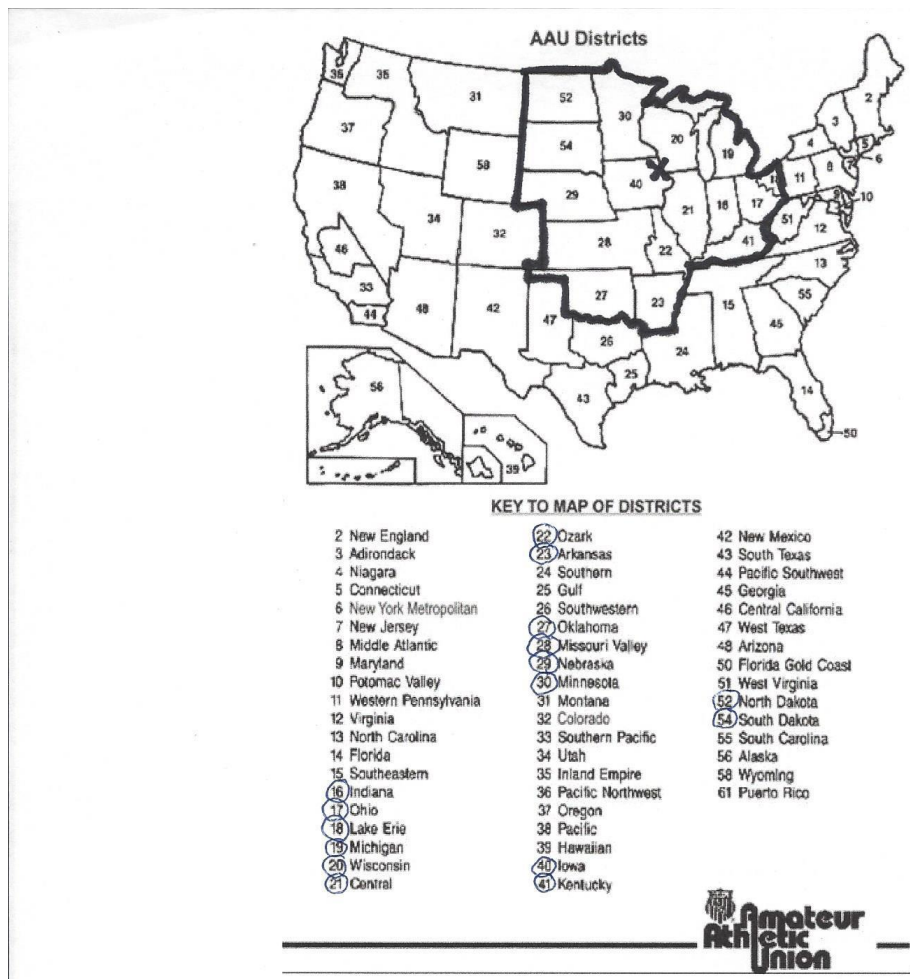
We encourage all questions to be sent by email to doug@360sports.events. Phone calls regarding Midwest Regionals will only be accepted from coaches. We ask that you please phone 608-314-0333 only in the event that you cannot find an answer on the website.

We look forward to seeing you!

A handwritten signature in black ink that reads 'Doug Jonuska'.

Doug Jonuska
AAU Central District Gymnastics Chairman
AAU Midwest Regional Championship Meet Director

Midwest Regional Championships Map*



*Your District may be eligible to attend more than one Regional