



2016 AAU Southern Regional Gymnastics Championships



MAY 20-22, 2016

Charleston, South Carolina

North Charleston Convention Center

5001 Coliseum Drive North Charleston, SC 29418

Voted # 1 - Tourist Destination is 2015

Hosted by: SC AAU Gymnastics and East Coast Gym Supply

Equipment: All AAI Equipment with Additional Matting beyond F.I.G. Requirements!

SC AAU Gymnastics Chairman Vicki Walker

email: victory30@aol.com (843) 679-5679

Meet Director: Joey Smith: email: equip@eastcoastgymsupply.com

Questions: Vicki Walker or National Chair: Liz Nichols- aaunichols@bellsouth.net

Meet Information:

AAU Levels:

Level 1-8, Open, Xcel, Ladies Division

Open Optional- (level 9 rules- eligible for level 10 bonus)

Rules:

AAU National Rules

go to www.aaugymnastics.org click on the rules link

Entry Fees:

\$80.00 per athlete

Club Team Entry Fee \$30.00 per level

District Regional Team Awards- No Charge

Provided by the AAU National office

Entry Deadline:

Friday April 22, 2016

Mail to: East Coast Gym Supply

1404 St. Andrews Road Suite 360

Columbia, SC 29210

Admission Guidelines:

\$15.00 Adults \$8.00 student or senior 55+

Children age 5 and under Free

Daily Parking fee \$5.00 per day

Individual Competition:

Age groups: Gymnasts will be divided into equal age groups by birth date and level.

Awards: 50% + 1 on each event and 100 % in the All Around

All American Award- Given to the highest All Around Score per level/session

Club Team Competition:

Club team awards will be awarded by using the top three scores on each event per level regardless of age. You must enter the club team competition for each level to be eligible for club team awards.

District Regional Team Awards:

Special recognition will be given to any athlete that contributed to the District Regional Team for each level. The top three District Teams per level will be recognized. These awards will be determined by using the top three scores on each event by district regardless of age. In cases where there are a large number of athletes for any given level, district awards may be divided into two age groups.

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. Coach and Non Athlete memberships may not be obtained on site, they are not instantaneous. Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.

Hotel Information:

The hotel rates below are The AAU Gymnastics Southern Regional Championship group rates. We are still working to offer some additional group rate hotels. We will send out any new hotel info as soon as it is available.

Candlewood Suites

2177 Northwoods Blvd North Charleston, SC 29406

843-797-3535 Rate \$129.00 per night

Fairfield Inn and Suites

2540 North Forest Drive North Charleston, SC 29420

843-725-5400 \$152.15 per night

Fairfield Inn and Suites

4841 Tanger Outlet Blvd North Charleston, SC 29418

843-300-3100 \$179.00 per night

For additional hotel options please copy and paste the link below.

<http://www.charlestonconventioncenter.com/convention-hotels/>

One Level Per Page Duplicate as necessary

Send to: East Coast Gym Supply 1404 St. Andrews Road Suite 360 Columbia, SC 29210

Entry Fee: \$80.00 X _____ (athletes) = _____

Team Fee \$30.00 per level x _____ (teams) = _____

Total enclosed: _____ Check # _____



Attractions:

There is much to see and do in Charleston, here are a few areas of interest.

Fort Sumter Tours

Stops at Fort Sumter National Monument, where the Civil War began. Cruise to the island fort via ferry boat ride while you enjoy breathtaking views of historic downtown Charleston and her Harbor. Tours depart from the Visitor Education Facility at Liberty Square downtown and from Patriots Point in Mt. Pleasant

Folly Beach County Park

Located on the west end of the island, situated between the Atlantic Ocean and the Folly River. Lifeguards are on duty seasonally. Skimmer Flats, a major Eastern Brown Pelican rookery, is visible at the west end of the park. Visit our website for amenities/gate fees/hours.

Cypress Gardens

Stroll 4 miles of beautiful garden trails, paddle through cypress swamp, relax in a greenhouse with butterflies and flowers or discover native and exotic reptile exhibits and the freshwater aquarium. It's a great site for field

Mount Pleasant Pier

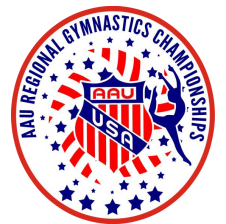
Enjoy beautiful views of the Arthur Ravenel, Jr. Bridges and Charleston Harbor. This 1,250-ft pier features: River Watch Cafe and Gift Shop, swings and shade structures, fishing tackle sales, and rod rentals. Visit our website for additional amenities, fees, and hours of operation. trips, receptions and meetings

Patriots Point Naval & Maritime Museum

Discover history and adventure at Patriots Point Naval & Maritime Museum on Charleston Harbor. Explore three remarkable vessels; visit the Medal of Honor Museum; see 28 historic aircraft and walk the Vietnam-era Naval Support Base. You truly Walk in the Steps of Heroes.

South Carolina Aquarium

The South Carolina Aquarium is Charleston's #1 family attraction! Touch sharks and rays,



see a rare albino American alligator, join the fun at interactive dive shows, experience a 4-D movie and tour the state's only Sea Turtle Hospital

Boone Hall Plantation

"A must see!" – NBC Daytime Television. Boone Hall reflects Southern heritage spanning 300 years of history, beauty, and grace on one magnificent "still working" plantation. House tours, spectacular gardens, critically acclaimed Black History In America Exhibit on display in original slave cabins, coach tours across the entire plantation, exclusive live Gullah performances, cafe, plus one of the world's longest oak-lined avenues.

Adventure Sightseeing Tours

"See it All" with Adventure Sightseeing. With over 30 years of experience in city and plantation tours, let our experience and knowledge work for you! Sit back in delight as our licensed guides entertain you! Hotel pick up available.



Shopping!!

Charleston City Market- Downtown Charleston

Open Monday through Sunday. The sprawling city market encompasses three open air sheds and an enclosed Great Hall, which houses more than 140 merchants. This historic landmark is the best place to pick up a wide variety of authentic Low Country Souvenirs. There are also lots of great local restaurants all within walking distance of the market.

The Shops at Charleston Place- Downtown Charleston

The shops at Charleston Place are an exclusive collection of world famous stores nestled in the heart of downtown Charleston. From Godiva to Gucci it is the ultimate shopping experience.

Tanger Outlet Center- Conveniently located near the convention center.

Northwoods Mall- Located off I-26 and exit 209

Citadel Mall- Located off I 526 and Hwy 7