

PIRATES OF THE CAHABA

OCTOBER 23RD - 25TH, 2009



HOSTED BY

MOUNTAIN BROOK GYMNASTICS

BE THERE!

PIRATES OF THE CAHABA

HOST: MOUNTAIN BROOK GYMNASTICS FOUNDATION

SITE: THE NEW MOUNTAIN BROOK GYMNASTICS CENTER

MAIL ENTRIES TO:

PIRATES OF THE CAHABA
3677 BETHUNE DRIVE
BIRMINGHAM, AL 35223

MEET DIRECTOR CONTACT INFO:

PHILLIP D. ACTON
PHILLIP@MOUNTAINBROOKGYMNASTICS.COM
(205) 969 - 4889 PHONE
(205) 969 - 8496 FAX
ENTRY FORMS/ADDITIONAL INFORMATION CAN BE FOUND AT
WWW.MOUNTAINBROOKGYMNASTICS.COM

EQUIPMENT:

AAI GMR LEVEL 4 VAULT STATIONS
VAULT RUNWAYS 1 3/8" THICK
AAI ELITE UNEVEN BARS
AAI ELITE & SPIETH ANDERSON CRANK BEAMS
(2) PALMER POWER SPRING FLOORS

AWARDS: EXCEED ALABAMA USAG GUIDELINES

SUPER TEAM AWARD: TRY TO WIN THE PIRATES OF THE CAHABA SUPER TEAM AWARD! WE WILL AWARD TEAM CHAMPIONS AFTER EACH SESSION BUT WE WILL ALSO BE GIVING A PIRATES OF THE CAHABA SUPER TEAM AWARD TO THE TOP TEAM AT THE END OF THE LAST SESSION OF THE WEEKEND. EACH TEAMS TOP 5 SCORES ON EVERY EVENT, REGARDLESS OF LEVEL, WILL COMPRISE THE SUPER TEAM AWARD. (THERE IS NO ADDITIONAL FEE TO BE ENTERED INTO THE SUPER TEAM AWARD.)

ENTRY FEES:

PREP - OP AND LEVELS 7 - 10 \$75
COMPULSORY LEVELS 1 - 6 \$65
TEAM ENTRY \$40 PER TEAM ENTERED (THE TOP 3 SCORES WILL CONSTITUTE TEAM AWARDS.)
MAKE CHECKS PAYABLE TO **A.G.E.F.**

ADMISSION FEES:

ADULTS \$6
CHILDREN AGES 5 - 12 \$4
CHILDREN UNDER AGE 4 FREE

DEADLINES:

ENTRIES: FRIDAY, SEPT. 11TH
SCRATCHES/REFUNDS: TUESDAY, SEPT. 15TH



OCTOBER 23 - 25, 2009

PIRATES

OF THE

CAHABA

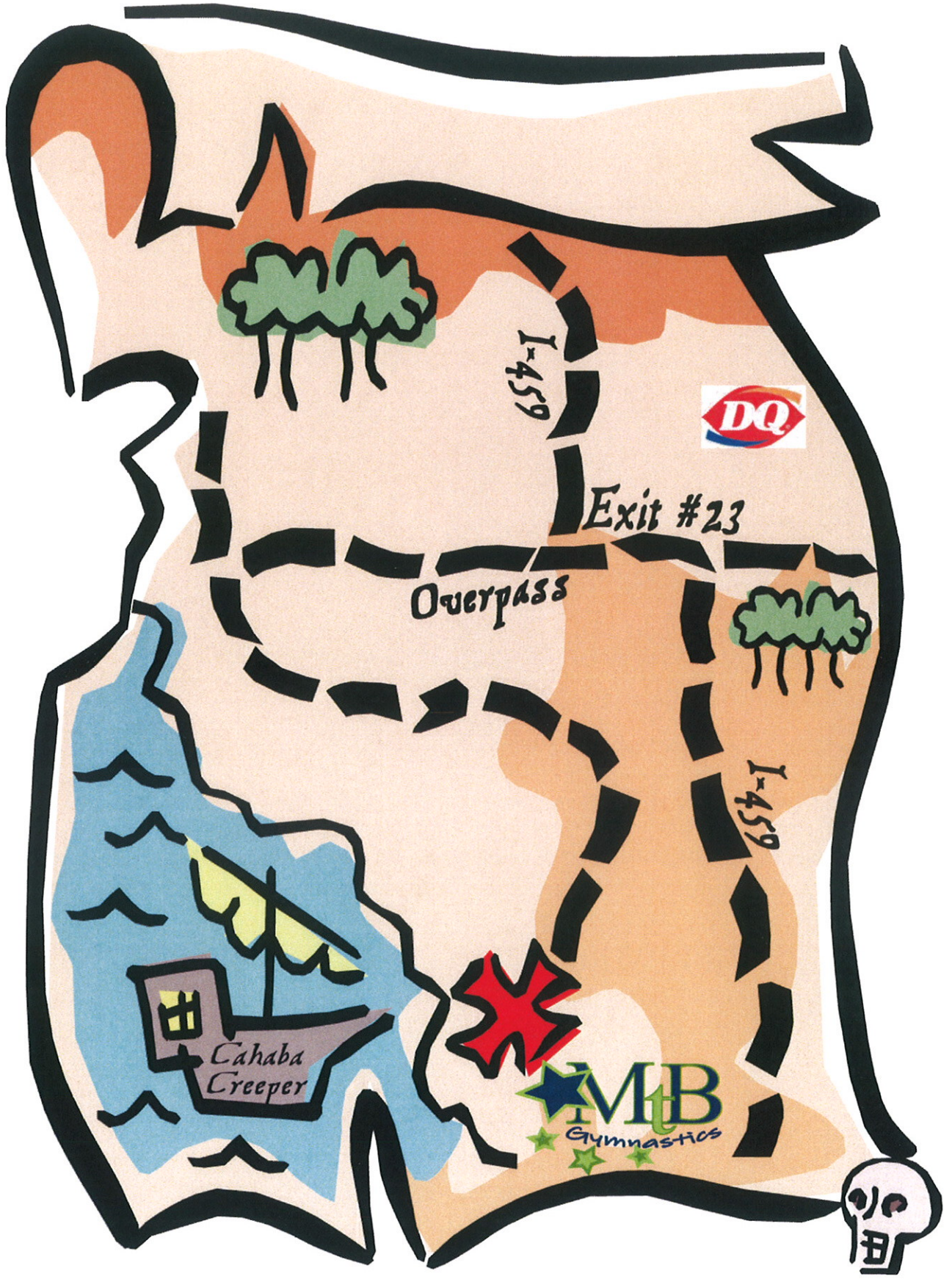
Club Name: _____
 Address: _____
 City, State, Zip _____
 Club Phone: _____
 Contact Name: _____
 Contact Mobile Phone: _____
 Fax Number: _____
 Contact Email: _____
 USAG Club Number: _____



Coach 1 Name	_____	USAG #	_____	Safety Exp. Date	_____
Coach 2 Name	_____	USAG #	_____	Safety Exp. Date	_____
Coach 3 Name	_____	USAG #	_____	Safety Exp. Date	_____
Coach 4 Name	_____	USAG #	_____	Safety Exp. Date	_____
Coach 5 Name	_____	USAG #	_____	Safety Exp. Date	_____

First Name	Last Name	USAG	Level	Birthdate	T Shirt
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

Total Women's Level 1-6	_____	x \$65=	\$ -
Total Women's Prep Opt	_____	x \$75=	\$ -
Total Women's Level 7-10	_____	x \$75=	\$ -
Total Teams Entered	_____	x \$40=	\$ -
		Total	\$ -



I-459



Exit #23

Overpass



I-459



Cahaba Creeper

