



## 2022-2023 Invitational Meets

- **December 3-4, 2022 (GMS Winter Invitational)**
- **April 1-2, 2023 (GMS Spring Invitational)**

**Level:** 2-10 and all levels of X-CEL

**Entry Fee:** \$115.00 per athlete. Checks payable to GMD

**Team Fee:** \$35.00

**Awards:** All athletes will receive the following:

- Medals for all events to exceed USAG standards
- Ribbons & Achievement Ribbons to exceed USAG standards
- This competition will take place at GMS Gymnastics in Manassas. We are unsure at this time whether these events will be via zoom, limited spectators or live. A decision will be made closer to meet date.

*Please visit our website for more details regarding our meets at [www.gmsgymnastics.com](http://www.gmsgymnastics.com)*

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## 15th Annual Flip for the Fight Invitational February 24<sup>th</sup>-26<sup>th</sup>, 2023

**Level:** Girls 2-10 and all levels of X-CEL.

**Entry Fee:** \$135.00 per athlete. Checks payable to GMD

**Refunds:** No refunds will be issued after December 31<sup>st</sup>, 2022

**Level Change:** Level changes after December 31<sup>st</sup> will be assessed \$10 per gymnast

**Team Fee:** \$60.00 team fee per team. Checks payable to GMD

**Place:** Field House Chantilly, VA

**Awards:** All athletes will receive the following:

- Medals for all events to exceed USAG standards
- Ribbons & achievement ribbons to exceed USAG standards
- Team awards (1<sup>st</sup>-3<sup>rd</sup>) per level including all X-CEL levels
- Competition leotard for all gymnasts to be worn at the meet
- Gifts for all gymnasts and coaches
- Beam throw presented to teams with combined 50 or more gymnast entered



*Please visit our website for more details regarding this meet at [www.GMSKids.com](http://www.GMSKids.com). All entries should be submitted electronically through the online entry form provided on the website. This meet fills up FAST so reserve your spot with a \$200 non-refundable deposit and tentative number of athletes to ensure entry.*

\* Times will be available at least 14 days prior to competition

\* Hotel and Direction can be found at [www.GMSKids.com](http://www.GMSKids.com)

\*Mail entry form to: **Meet Director-Azin Youssefi**

7226 New Market Ct. Manassas, VA 20109/ (703) 369-7800

