



March 5—7, 2010 Coral Springs Gymnasium

Welcome! USA Competitions and Twister Gymnastics is proud to host the 2010 Tim Rand Invitational. Please review the following items enclosed in this packet:

1. General event information
2. Competition Schedule
3. Twister Bucks & Mall Table Introduction
4. Event Venue and Map

Team Rosters will be emailed to each club. Coaches, please double check your team rosters for the correct spelling of your athlete's names, correct date of birth & missing USAG or AAU numbers. If birthdates were not received, your athlete's age will display as 1 yr on your roster. Please send missing birthdates and athlete numbers asap. Rosters will also be posted online, minus birthdates and athlete numbers (for athlete safety and security).

Athlete & Coach Registration – All athletes will check in at the registration desk in the entry hall, prior to entering the competition arena. Coaches will sign in and receive their packets inside the competition arena, at the main computer table located on the north (left) side of the arena. It is advisable that gymnasts (and coaches) arrive 15 minutes prior to scheduled general stretch time.

Coaches, be sure to bring your USAG card, as all information from it will be required on the USAG Coaches Sign In Sheet. All expiration dates are now required to be recorded on the sign in sheet (expiration dates for membership, safety and background check).

Coaches meeting — Floor manager Gary Anderson will host a brief coaches' meeting 5 minutes after the start of stretch before each session.

Awards Ceremonies—Will take place within 5 minutes following the end of each session. Individual, all around (100%) and team will be awarded each and every session.

Hospitality—Meals will be provided to the coaches in the hospitality room during applicable times throughout the event. Meal times will be posted.

If there is anything that we can do to assist you, please do not hesitate to contact us. We wish you a fun and exciting competition experience and the very best of luck throughout the season!

Sincerely,

Randy Sikora
Meet Director

Sharyn Strickland
Event Coordinator
800-841-4977
Strickgym@comcast.net

Gary Anderson
Event Floor Manager



For event info and results, visit us on the web
www.USACompetitions.com



Tim Rand Invitational Schedule

Friday, March 5, 2010

USAG Sessions

Session 1	Level 7	8:00am	Stretch
		8:20am	Warm-up & compete. Awards to follow
Session 2	Prep Nov. & Open	11:15am	Stretch
		11:35am	Warm-up & compete. Awards to follow
Session 3	Level 8	2:30pm	Stretch
		2:50pm	Warm-up & compete. Awards to follow
Session 4	Level 9	6:00pm	Stretch
		6:20pm	Warm-up & compete. Awards to follow

Saturday, March 6, 2010

USAG Sessions

Session 5	Levels 2 - 6	8:00am	Stretch
		8:20am	Warm-up & compete. Awards to follow
Session 6	Level 7	11:15am	Stretch
		11:35am	Warm-up & compete. Awards to follow
Session 7	Level 8	2:30pm	Stretch
		2:50pm	Warm-up & compete. Awards to follow
Session 8	Level 10/Open	6:00pm	Stretch
		6:20pm	Warm-up & compete. Awards to follow

Sunday, March 7, 2010

AAU Sessions

Session 9	Levels 5 - 8	8:00am	Stretch
		8:20am	Warm-up & compete. Awards to follow
Session 10	Level 4	10:45am	Stretch
		11:00am	Warm-up & compete. Awards to follow
Session 11	Level 2	1:15pm	Stretch
		1:30pm	Warm-up & compete. Awards to follow
Session 12	Level 2	3:15pm	Stretch
		3:30pm	Warm-up & compete. Awards to follow
Session 13	Level 3	5:30pm	Stretch
		5:45pm	Warm-up & compete. Awards to follow

**For event results, please visit us on the web at
www.USACompetitions.com**

2010 Tim Rand Invitational

Meet Site: Coral Springs Gymnasium
2501 Coral Springs Drive
Coral Springs, FL 33065 954.345.2201 or 954.345.2107

Directions from I-95:

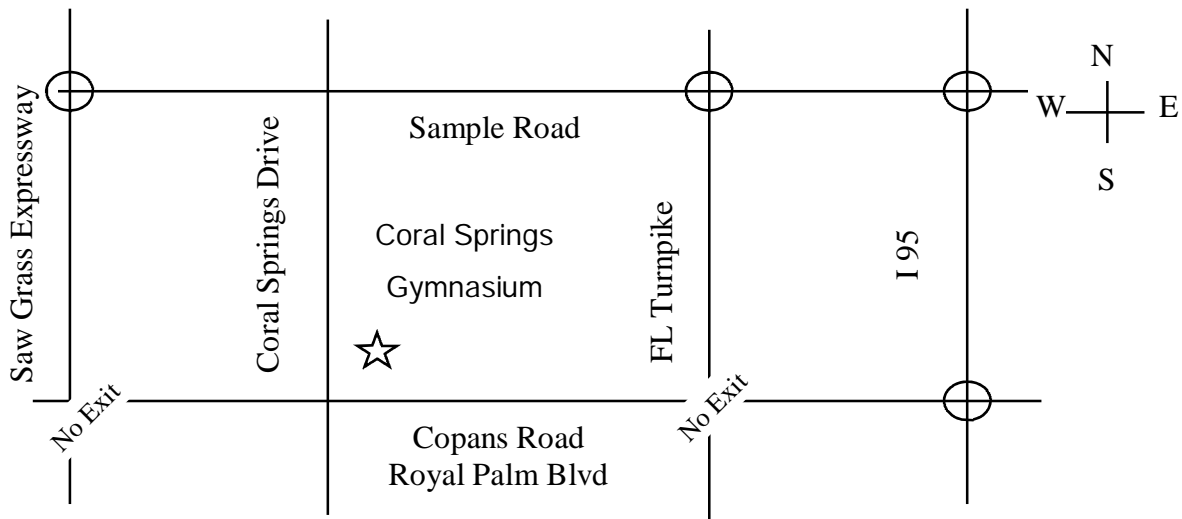
Take I-95 to Copans Road. Exit west on Copans (*which becomes Royal Palm Blvd in Coral Springs*) and continue to Coral Springs Drive. Turn right (head north) on Coral Springs Drive. The Coral Springs Gymnasium is on the right (east) side of the road.

Directions from Florida Turnpike:

Take the Turnpike to Sample Road. Exit west on Sample Road and continue to Coral Springs Drive. Turn left at Coral Springs Drive (head south) and travel approximately 1/2 mile. The Coral Springs Gymnasium is on the left (east) side of the road.

Directions from Sawgrass Expressway:

Take the Sawgrass Expressway to Sample Road. Exit east on Sample Road and continue to Coral Springs Drive. Turn right at Coral Springs Drive (head south) and travel approximately 1/2 mile. The Coral Springs Gymnasium is on the left (east) side of the road.



Spectator Admissions

\$15 / Adult (12 + up)
\$10 / Child/Seniors
(under 4yrs. free)

Length of event passes

\$25 / Adult
\$15 / Child/Seniors