

March 4—6, 2011



South Florida

Information * Coral Springs Gymnasium * USAG Sessions

(USAG sessions take place at Coral Springs Gymnasium)

Welcome! USA Competitions and Twister Gymnastics is proud to host the 2011 Tim Rand Invitational. Please review the following items enclosed in this packet:

1. **General Event Information & Competition Schedule**
2. **Twister Bucks and Mall Table Introduction**
3. **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 athletes names, correct date of birth & missing USAG 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.

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 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 following the end of each session. Individual (50% + 1), All Around (100%) and Team (50% + 1) 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.

Parking—The City of Coral Springs charges a parking fee of \$2.00.

Host Hotel— The room block at the host hotel, Marriott Heron Bay (954-753-5598) had filled at last check, although rooms may occasionally open up. There are two La Quinta Inns located in Coral Springs, both very close to the venue: 954-753-9000 (3701 University Drive) and 954-344-2200 (3100 N. University Drive). The Crowne Plaza at Sawgrass Mills (954-851-1020) is a 15 minute ride, but right across the street from the largest Outlet Mall you could ever possibly dream of!

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
877-341-9007
Strickgym@comcast.net

Gary Anderson
Event Floor Manager



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



Tim Rand Invitational

USAG Schedule

Coral Springs Gymnasium

Friday, March 4, 2011

USAG Sessions

Session 1	Level 8	8:00am 8:30am	Stretch Warm-up & compete. Awards to follow
Session 2	Level 7	11:30am 12:00pm	Stretch Warm-up & compete. Awards to follow
Session 3	Level 9	3:00pm 3:30pm	Stretch Warm-up & compete. Awards to follow
Session 4	Level 9	6:30pm 7:00pm	Stretch Warm-up & compete. Awards to follow

Saturday, March 5, 2011

USAG Sessions

Session 5	Level 7	8:00am 8:30am	Stretch Warm-up & compete. Awards to follow
Session 6	Level 8	11:30am 12:00pm	Stretch Warm-up & compete. Awards to follow
Session 7	10/Open	3:00pm 3:30pm	Stretch Warm-up & compete. Awards to follow
Session 8	10/Open	6:30pm 7:00pm	Stretch Warm-up & compete. Awards to follow

Sunday, March 6, 2011

USAG Sessions

Session 9	Level 8	8:00am 8:30am	Stretch Warm-up & compete. Awards to follow
Session 10	Level 4 - 6	11:15am 11:35am	Stretch Warm-up & compete. Awards to follow
Session 11	Prep Novice	2:30pm 2:50pm	Stretch Warm-up & compete. Awards to follow
Session 12	Prep Open	5:45pm 6:05pm	Stretch Warm-up & compete. Awards to follow

*AAU sessions will take place at American Twisters Gymnastics, located in Coconut Creek
AAU participating clubs will receive a separate meet information packet*

USAG Participating Clubs * Coral Springs Gymnasium



Ace Gymnastics	FL
Ace Gymnastics	MA
Arena Gymnastics	IL
Arena Gymnastics, Inc.	CT
Atlantic Gymnastics Training Center	NH
Broadway Gymnastics	FL
Central Coast Gymnastics	CA
Coast Elite Gymnastics	FL
Coral Reef Gymnastics	FL
Flip City Gymnastics	FL
FLIPS Gymnastics	MN
Florida Gymnastics TC	FL
Fort Lauderdale Stars	FL
Gold Medal Gymnastics Center	NY
Gym Like This	FL
Gymnastics World Of Fort Myers	FL
Gymnastics World Of Naples	FL
Hollywood YMCA	FL
La Fleur's Gymnastics	FL
LaFleur's Gymnastics, Wisconsin	WI
LaFleur's Largo Gymnastics	FL
Legacy Gymnastics Center	FL
Libertyville Gymnastics Academy	IL
On Your Toes	FL
Paragon Gymnastics	VA
Park Avenue Gymnastics	FL
Starlight Gymnastics	FL
Tampa Gymnastics & Dance	FL
The Gymnastics Academy	FL
The Gymnastics Revolution	FL
TIGAR	CO
Top Flight Gymnastics Center	MD
Treasure Coast Gymnastics	FL
Tumblebees Gymnastics	FL
Twister Gymnastics	FL
United Gymnastics Academy	IL
University Of Denver Jr. Pioneers	CO
West Broward Gymnastics Academy	FL
World Class Gymnastics	VA
X-Cel Gymnastics	PA



*AAU sessions will take place at American Twisters Gymnastics, located in Coconut Creek
AAU participating clubs will receive a separate meet information packet*

2011 Tim Rand Invitational USAG Sessions

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

Directions from I-95:

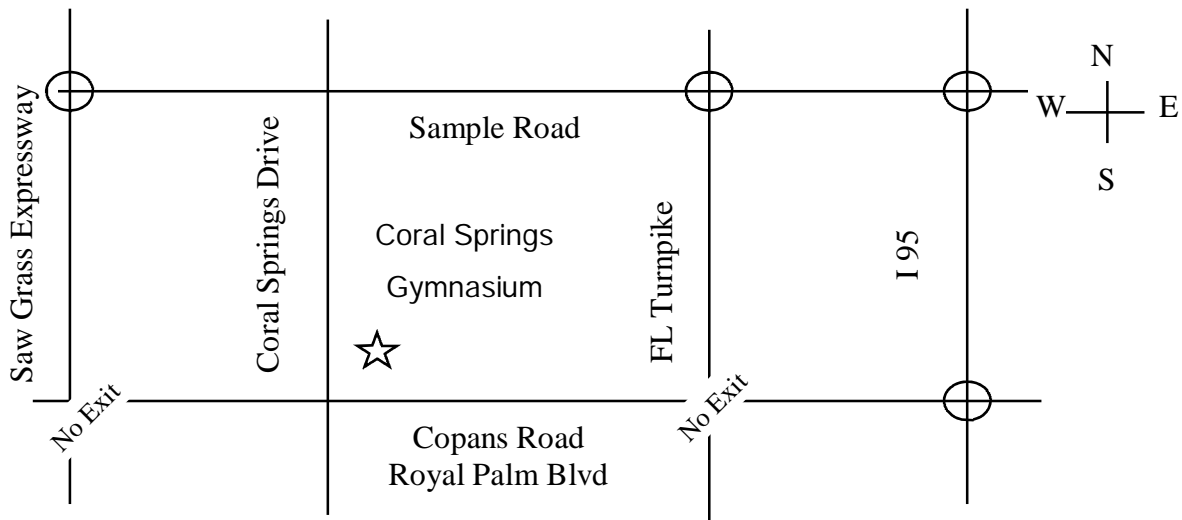
Take I-95 to Copans Road. Exit west on Copans (*which becomes Royal Palm Blvd in Coral Springs*) and continue to Coral Springs Drive. Turn right (head north) on Coral Springs Drive. The Coral Springs Gymnasium is on the right (east) side of the road.

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 at Coral Springs Venue

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

Length of event passes
\$25 / Adult
\$15 / Child/Seniors