



Apollo Gymnastics

Is proud to present the



2012

Rock 'n Roll Invitational

February 24-26, 2012

Woodbridge, VA

Near Washington DC



2012 Rock 'n Roll Invitational

- Who – USAG Women’s Levels 3 – 10; Prep Opt
- When – February 24-26, 2012
- Host – Apollo Gymnastics, 12700 Apollo Drive, Woodbridge, VA 22192
- Format – Modified Capitol Cup
- Equipment – 2 X: Stratum Spring Floors; AAI Stratum Vault Boards, AAI Meet Tables, 82’ carpeted vault runways, AAI Uneven Parallel Bars and AAI Balance Beams; 26,000 square feet
- Entry Fees - \$95 per gymnast; \$50 per team/level
- Deadline – January 27, 2012 May enter late, if space permits. No refunds after deadline
- Awards – Individual Events, AA Medals and Team Trophies – T-shirts to all participants
- Cash Prizes!
- Entries – E-mail – ApolloMeets@aol.com
 - - Fax – 703-580-9146
 - - Mail – 12700 Apollo Drive, Woodbridge, VA 22192
- More Information: Meet Director Nancy McDonald 703-580-9144
- Website – ApolloGymnasticsVA@aol.com
- E-mail – ApolloMeets@aol.com



2011 Rock 'n Roll Invitational

Cash Prizes

- Cash Prize #1 – Team with largest number of participants = \$250
- Cash Prize #2 – Level 10/Open Team Champions = \$250
(Minimum of 3 Level 10/Open teams needed for prize – host team not included)
- Host team ineligible for cash prizes