

2023 GET-A- GRIP MEET

WHEN

DECEMBER 16-17,2023

WHERE

**HEAD OVER HEELS
GYMNASTICS**

500 CALDWELL TRACE BIRMINGHAM,AL 35242

(205)981-2720

**ALL MENS
LEVELS
INCLUDING
XCEL BOYS**

ENTRY FEE

**\$90 PER GYMNAST
\$60 PER TEAM**

**ENTRY DEADLINE
NOVEMBER 18,2022**

**SPECTATOR ENTRY
(ADULTS 12+) \$10
(CHILDREN 5-11) \$5
4&under Free**

HOSTED BY

**ALABAMA STARZ MENS
TEAM**

MEET DIRECTOR

FRED HUNTER

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