



# 2009 Capital City Cup

TALLAHASSEE, FLORIDA



The Staff and TGC Boosters of the Trousdell Gymnastics Center, cordially invite your Men's Gymnastics Team, Levels 4-10, to our 12<sup>th</sup> Annual Capital City Cup. This meet will be a great end of the season competition, with a comfortable setting for gymnasts and parents alike. We will be using all AAI equipment with one exception, our doublewide GMR 4 inch spring floor. We anticipate that this event should attract gymnasts from throughout the Southeast Region of the United States. This is a USA Gymnastics sanctioned meet.

- DATES:** FEBRUARY 21-22, 2009
- HOST:** TROUSDELL GYMNASTICS CENTER STAFF AND TGC BOOSTERS  
326 JOHN KNOX ROAD  
TALLAHASSEE, FL. 32303  
GYM PHONE: (850) 891-3964  
FAX #: (850) 891-3978  
E-MAIL MIKE.MANAHAN@TALGOV.COM
- MEET DIRECTOR:** MIKE MANAHAN
- LEVELS/AGE GROUPS:**
- |                              |                               |
|------------------------------|-------------------------------|
| LEVEL 4 (6-7,8-9,10-11, 12+) | LEVEL 8 (12-13, 14-15)        |
| LEVEL 5 (7-9,10-11, 12+)     | LEVEL 9 (12-13, 14-15, 16-18) |
| LEVEL 6 (8-9,10-11,12+)      | LEVEL 10 (14-15, 16-18)       |
| LEVEL 7 (10-11, 12+)         |                               |
- AWARDS:** INDIVIDUAL MEDALS FOR EACH EVENT WILL BE AWARDED (50% +1)  
TROPHIES FOR ALL AROUND WILL BE AWARDED. TEAM TROPHIES BASED ON TOP THREE SCORES IN EACH EVENT FOR EACH LEVEL WILL BE AWARDED.
- ENTRY FEES:** \$55 PER INDIVIDUAL GYMNAST  
\$50 PER TEAM WITH SEPARATE TEAMS FOR  
LEVEL 4, LEVEL 5, LEVEL 6, LEVEL 7, LEVELS 8,9 AND 10 WILL BE COMBINED

Send completed entry form with club check/ Or money order payable to:  
TGC Boosters/ CCC  
326 John Knox Rd.  
Tallahassee, Fl. 32303

**\*\*\*ENTRY DEADLINE: JANUARY 23RD, 2009\*\*\***

**HOST HOTEL:** CABOT LODGE, 2735 MONROE ST., TALLAHASSEE, FL. 32303,  
1-800-223-1964, FREE CONTINENTAL BREAKFAST INCLUDED  
\$69/NIGHT, MENTION CAPITAL CITY CUP BY FEBRUARY 6TH.

Each Coach must be at least 16 years of age, have a current USA Gymnastics Professional number and be Safety Certified. Each Gymnast must be a registered USA Gymnastics Team Member to participate in this competition.