



2025 Winter in Paradise

Please hand out this information sheet to your parents!

Meet site: Gold Coast Gymnastics, Inc.
1420 Rupp Lane, Lake Worth Beach, Fl. 33460



Overflow parking at BC Coffee (brown building) NO Parking at BLUE OR WHITE BUILDING next to gym.

Admission: Adults- \$15.00, Child- \$10.00 (ages 2-12) **CASH ONLY**

Meet Schedule					
Saturday, January 18th					
Session	AAU	Stretch	Warm-up	Compete	Awards
1	Level 1&Copper	8:00 a.m.	8:20 a.m.	8:40 a.m.	9:40 a.m.
2	Level 2	10:20 a.m.	10:40 a.m.	11:00 a.m.	11:55 a.m.
3	Level 3	12:35 p.m.	12:55 p.m.	1:15 p.m.	2:15 p.m.
4	Opt & XG	2:50 p.m.	3:10 p.m.	3:30 p.m.	5:10 p.m.
5	Level 4	5:40 p.m.	6:00 p.m.	6:20 p.m.	7:20 p.m.
Sunday, January 19th					
6	Xcel Bronze	8:00 a.m.	8:20 a.m.	8:40 a.m.	9:40 a.m.
7	Xcel Silver	10:10 a.m.	10:30 a.m.	10:50 a.m.	11:50 a.m.

Thank you for attending the 2025 Winter in Paradise. This is a Fl. Gold AAU Licensed Qualifier.

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We follow AAU Florida Gold guidelines for Awards. Level 1 & 2 receive score cards with achievement ribbons.

* **All-Around:** --Level 1- 100% Achievement trophies, Level 2- 100% placement trophies.

Event Awards for Level XB, XS, XG, XP, 3, 4,5 & Opt. will be 50% +1 custom medal.

***All-Around:** 1st, 2nd 3rd will receive trophies, medals to the rest. **Team awards are 100%!**

**Meet results will be posted at www.gcgym.com after the meet.

Coaches: -All sessions will be a modified traditional format: warm up first event-- compete.