

March 1-2, 2025



South Florida

## Broward County Convention Center, Fort Lauderdale

Welcome! USA Competitions and Twister Gymnastics is proud to host the 2025 Tim Rand Invitational.

*Please share this information with all attending coaches:*

1. General Event Information
2. Competition Schedule and Session Assignments in Pink Gym, Teal Gym and White Gym
3. Twister Bucks and Mall Table Introduction
4. Event Venue, Directions, Hotel Links and Spectator Information

### REVIEW YOUR ROSTER!

- The link to club rosters (in alphabetical order) is on the [Tim Rand Invite](#) web page. Carefully review your roster for session assignments, levels, spelling of names and missing USAG numbers. If a discrepancy is noticed, email us at [info@usacompetitions.com](mailto:info@usacompetitions.com) (*errors are easily corrected*). Your club roster will always be considered the official session assignment document.

### ATHLETE REGISTRATION

- Check in and receive athlete gift at the registration desk prior to entering the competition arena.
- Sessions can begin up to 30 minutes early (except 8:00am session). Arrive a minimum of 30 minutes prior to stretch!

### ATTENDING COACHES must be listed in Meet Reservations

- Coaches, please sign the official USA Gymnastics sign-in sheet at check in.
- Coaches not listed and without verifiable Pro member status will be allowed entry via spectator admission and will not have access to the competition floor.

### COACHES MEETING

- A coaches information sheet will be emailed to clubs prior to the event. Please share with ALL attending coaches.
- Athlete "Twister Bucks envelopes" labeled with competitive numbers will be distributed by the Floor Manager at the music table.
- Submit envelopes to judges in competition order at each event. Remember to collect envelopes at the end of each rotation.
- Notify the Floor Manager of scratches each session by handing in the envelope with the athlete's name and number on it.

**ROTATION SHEETS** will be posted online at [rotationsheets.com](http://rotationsheets.com) the week before the event. Parents & spectators, please take a screenshot of the rotation sheet with your phone. A master rotation sheet will be available for coaches to snapshot at the music/announcer's table.

**AWARDS CEREMONIES** (individual and team) take place immediately following the end of every session.

- Athletes are divided by birth dates into multiple small awards groups each session.
- Individual (50% + 1) and All Around (100%) awarded.
- Team (top 5) awarded each session. Top three scores on each event count toward team total.

### HOSPITALITY

- Coffee, tea and cooler water provided throughout the event (*bring a sports bottle to refill*).
- Coaches who work in back to back sessions will receive a concession voucher (maximum 2 vouchers per day).

### SPECTATOR ADMISSIONS

- **Credit card price:** Adults (12 and up) \$28.00. Senior (65+) & Military (ID) \$23.00. Children (5-11) \$18.00. Under 5 yrs free. LOE Weekend pass: Adults/Senior/Military \$38.00, Children \$28.00
- **Cash price:** Adults (12 and up) \$25.00. Senior (65+) & Military (ID) \$20.00. Children (5-11) \$15.00. Under 5 yrs free. LOE Weekend pass: Adults/Senior/Military \$35.00, Children \$25.00

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!

Shane Cummings  
Meet Director  
[info@usacompetitions.com](mailto:info@usacompetitions.com)

Sharyn Strickland  
Director of Operations  
877.341.9007

Taylor Aucoin  
Asst. Event Coordinator

Gary Anderson  
Floor Manager



For event info and results, visit us on the web  
[www.USACompetitions.com](http://www.USACompetitions.com)



# Tim Rand Invitational Pink Gym Schedule

Broward County Convention Center, Fort Lauderdale

Sessions can begin up to 30 minutes early. Arrive 30 minutes prior to scheduled General Stretch!!

## SATURDAY, MARCH 1, 2025

Session P01 Level 9 Stretch/Warm up 8:00am	Session P02 Level 10 Stretch/Warm up: 11:30am	Session P03 Level 9 Stretch/Warm up: 3:00pm	Session P04 Level 10 Stretch/Warm up: 6:30pm
<b>Apollo VA</b> <b>Austin Elite</b> <b>Brattleboro</b> <b>Cartwheels Gym</b> <b>Chelsea Piers</b> <b>Cny Gym Centre</b> <b>Coast Elite</b> <b>Emerge Academy</b> <b>Gateway Elite</b> <b>Giant Gymnastics CN</b> <b>Gym America</b> <b>Gymnastic World FM</b> <b>Infiniti Elite NY</b> <b>JLF Elite Gymnastics</b> <b>Metzler's Gymnastics</b> <b>NTS Gymnastics</b> <b>NYC Elite</b> <b>Precision 509</b> <b>Team Twisters (12)</b> <b>Victory Elite</b>	<b>Apollo VA</b> <b>Austin Elite</b> <b>Beausejour Gymnos</b> <b>Cny Gym Centre</b> <b>Coast Elite</b> <b>Emerge Academy</b> <b>Gateway Elite</b> <b>Giant Gymnastics CN</b> <b>Gold Coast</b> <b>Gym America</b> <b>Gymnastic World FM</b> <b>Infiniti Elite NY</b> <b>Metzler's Gymnastics</b> <b>NTS Gymnastics</b> <b>Precision 509</b> <b>Premier NJ</b> <b>Team Twisters (14)</b> <b>Victory Elite</b>	<b>5280 Gymnastics</b> <b>AAG Wheeling</b> <b>Apex Athletics</b> <b>Docksiders</b> <b>Dreams Gymnastics</b> <b>Legacy Gymnastics MN</b> <b>LGA</b> <b>Reading Gymnastics</b> <b>Rock Gymnastics</b> <b>Stars GTC Houston</b> <b>TAG USA</b> <b>Team Twisters (8)</b> <b>Top Gymnastics FL</b> <b>West Broward</b>	<b>5280 Gymnastics</b> <b>Apex Athletics</b> <b>Docksiders</b> <b>Dreams Gymnastics</b> <b>Genie's Gymnastics</b> <b>Legacy Gymnastics MN</b> <b>LGA</b> <b>Stars GTC Houston</b> <b>TAG USA</b> <b>Team Twisters (9)</b> <b>Vail Gymnastics</b>

Clubs in **bold pink print** have entered individual athletes and the team competition.

Clubs in black print have individual athletes competing at that level.

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### Teams with athletes of the same level that are split into multiple sessions

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Email [info@usacompetitions.com](mailto:info@usacompetitions.com) with your choice of specific athlete names for each session.



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# Tim Rand Invitational Pink Gym Schedule

Broward County Convention Center, Fort Lauderdale

Sessions can begin up to 30 minutes early. Arrive 30 minutes prior to scheduled General Stretch!!

## SUNDAY, MARCH 2, 2025

Session P05 Xcel Platinum Stretch/Warm up 9:00am	Session P06 Xcel Diamond & Sapphire Stretch/Warm up: 12:00pm	Session P07 Xcel Silver Stretch/Warm up: 3:15pm	Session P08 Xcel Gold Stretch/Warm up: 6:00pm
<b>AAG Wheeling</b> <b>Apex Athletics</b> <b>Arlington Aerials</b> <b>Austin Elite</b> <b>Beausejour Gymnos</b> <b>Brattleboro</b> <b>Chelsea Piers</b> <b>CNY Gym Centre</b> <b>Coast Elite</b> <b>Gravity Gymnastics</b> <b>Pride Gymnastics</b> <b>Sunny Gymnastics</b> <b>Tumblebees Jupiter</b>	<u><b>Xcel Diamond</b></u> <b>AAG Northbrook</b> <b>Achievers Gymnastics</b> <b>Apex Athletics</b> <b>Arlington Aerials</b> <b>Brattleboro</b> <b>Chelsea Piers</b> <b>Cny Gym Centre</b> <b>Coast Elite</b> <b>FGTC</b> <b>Gym America</b> <b>Gymnastic World FM</b> <b>Pride Gymnastics</b> <b>Reading Gymnastics</b> <b>Rock Gymnastics</b> <b>Sky Gymnastics</b> <b>TAG USA</b>  <u><b>Xcel Sapphire</b></u> <b>Cny Gym Centre</b> <b>Rock Gymnastics</b>	<b>AAG Northbrook</b> <b>Alpha Gymnastics</b> <b>Giant Gymnastics CN</b> <b>Reading Gymnastics</b> <b>TAG USA</b> <b>Team Twisters (12)</b> <b>Victory Elite</b>	<b>Alpha Gymnastics</b> <b>Giant Gymnastics CN</b> <b>Gymnastics Palace</b> <b>Infiniti Elite NY</b> <b>LGA</b> <b>Rock Gymnastics</b> <b>TAG USA</b> <b>Tumblebees Jupiter</b> <b>Victory Elite</b>

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# Tim Rand Invitational Teal Gym Schedule

Broward County Convention Center, Fort Lauderdale

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## SATURDAY, MARCH 1, 2025

Session T01 Level 7 Stretch/Warm up 8:00am	Session T02 Level 8 Stretch/Warm up: 11:30am	Session T03 Level 7 Stretch/Warm up: 3:00pm	Session T04 Level 8 Stretch/Warm up: 6:30pm
<b>5280 Gymnastics</b> <b>AAG Wheeling</b> <b>Apex Athletics</b> <b>Dreams Gymnastics</b> <b>FGTC</b> <b>Genie's Gymnastics</b> <b>Gym Starz PA</b> <b>Gym World Naples</b> <b>LGA</b> <b>Maximum Velocity</b> <b>Premier NJ</b> <b>Reading Gymnastics</b> <b>Rock Gymnastics</b> <b>Stars GTC Houston</b> <b>TAG USA</b> <b>Team Twisters</b> <b>Top Gymnastics FL</b> <b>Vail Gymnastics</b> <b>West Broward</b>	<b>5280 Gymnastics</b> <b>AAG Wheeling</b> <b>Apex Athletics</b> <b>Cartwheels Gym</b> <b>Dreams Gymnastics</b> <b>Genie's Gymnastics</b> <b>Gym World Naples</b> <b>JLF Elite Gymnastics</b> <b>Legacy Gymnastics MN</b> <b>Reading Gymnastics</b> <b>Rock Gymnastics</b> <b>Stars GTC Houston</b> <b>TAG USA</b> <b>Team Twisters</b> <b>Top Gymnastics FL</b> <b>Vail Gymnastics</b> <b>West Broward</b>	<b>Apollo VA</b> <b>Austin Elite</b> <b>Brattleboro</b> <b>Cartwheels Gym</b> <b>Chelsea Piers</b> <b>Cny Gym Centre</b> <b>Coast Elite</b> <b>Emerge Academy</b> <b>Gateway Elite</b> <b>Giant Gymnastics CN</b> <b>Gym America</b> <b>Gymnastic World FM</b> <b>Infiniti Elite NY</b> <b>JLF Elite Gymnastics</b> <b>NTS Gymnastics</b> <b>NYC Elite</b> <b>Precizion 509</b> <b>Tumblebees Jupiter</b> <b>Victory Elite</b>	<b>Apollo VA</b> <b>Austin Elite</b> <b>Beausejour Gymnos</b> <b>Brattleboro</b> <b>Chelsea Piers</b> <b>Cny Gym Centre</b> <b>Coast Elite</b> <b>Emerge Academy</b> <b>FGTC</b> <b>Giant Gymnastics CN</b> <b>Gym America</b> <b>Gym Starz PA</b> <b>Gymnastic World FM</b> <b>NTS Gymnastics</b> <b>NYC Elite</b> <b>Precizion 509</b> <b>Premier NJ</b> <b>Victory Elite</b> <b>ZGA</b>

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# Tim Rand Invitational Teal Gym Schedule

Broward County Convention Center, Fort Lauderdale

Sessions can begin up to 30 minutes early. Arrive 30 minutes prior to scheduled General Stretch!!

## SUNDAY, MARCH 2, 2025

Session T05 Level 6 Stretch/Warm up 8:00am	Session T06 Level 3 Stretch/Warm up: 11:00am
<b>Alpha Gymnastics</b> Beausejour Gymnos <b>Dreams Gymnastics</b> <b>Emerge Academy</b> <b>FGTC</b> <b>Genie's Gymnastics</b> <b>Giant Gymnastics CN</b> <b>Gymnastic World FM</b> <b>LGA</b> <b>NYC Elite</b> <b>Reading Gymnastics</b>	<b>Apex Gymnastics</b> <b>Austin Elite</b> <b>Bahamas Star Gym</b> <b>Beausejour Gymnos</b> <b>Chelsea Piers</b> <b>Extreme North Gym</b> <b>Gym World Naples</b> <b>NYC Elite</b> <b>Park Avenue</b> <b>Reading Gymnastics</b> <b>Top Gymnastics FL</b> <b>Victory Elite</b>

Session T07 Levels 1/2/XB Stretch/Warm up: 2:00pm	Session T08 Level 6 Stretch/Warm up: 4:15pm	Session T09 Level 4 Stretch/Warm up: 7:00pm
<u><b>Level 1</b></u> <b>Park Avenue</b> <b>Victory Elite</b>  <u><b>Level 2</b></u> <b>Bahamas Star Gym</b> <b>Extreme North Gym</b> <b>Gym World Naples</b> <b>NYC Elite</b> <b>Park Avenue</b>  <u><b>Xcel Bronze</b></u> <b>Chelsea Piers</b> <b>Gymnastics Palace</b> <b>Team Twisters (16)</b>	<b>AAG Wheeling</b> <b>Apex Athletics</b> <b>Austin Elite</b> <b>Brattleboro</b> <b>Chelsea Piers</b> <b>Cny Gym Centre</b> <b>Coast Elite</b> <b>TAG USA</b> <b>Team Twisters</b> <b>Top Gymnastics FL</b> <b>Tumblebees Jupiter</b>	<b>AAG Wheeling</b> <b>Apex Athletics</b> <b>Austin Elite</b> <b>Beausejour Gymnos</b> <b>Cartwheels Gym</b> <b>Chelsea Piers</b> <b>Gym Starz PA</b> <b>Gym World Naples</b> <b>Infiniti Elite NY</b> <b>JLF Elite Gymnastics</b> <b>NYC Elite</b> <b>Park Avenue</b> <b>Reading Gymnastics</b> <b>Top Gymnastics FL</b> <b>Victory Elite</b> <b>World Class Miami</b>

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# Tim Rand Invitational White Gym Schedule

Broward County Convention Center, Fort Lauderdale

Sessions can begin up to 30 minutes early. Arrive 30 minutes prior to scheduled General Stretch!!

## SATURDAY, MARCH 1, 2025

<b>Session W01</b> <b>Xcel Bronze</b> Stretch/Warm up 9:00am	<b>Session W02</b> <b>Xcel Silver</b> Stretch/Warm up: 11:15am
<b>Gymnastics Du Sol</b> <b>JLF Elite Gymnastics</b> <b>Sunny Gymnastics</b> <b>Team Twisters (27)</b> <b>Tumblebees Jupiter</b>	<b>Bahamas Star Gym</b> <b>FGTC</b> <b>Gymnastics Du Sol</b> <b>JLF Elite Gymnastics</b> <b>LGA</b> <b>Park Avenue</b> <b>Sunny Gymnastics</b> <b>Team Twisters (24)</b>

<b>Session W03</b> <b>Xcel Gold</b> Stretch/Warm up: 1:45pm	<b>Session W04</b> <b>Levels 5/XP</b> Stretch/Warm up: 5:15pm	
<b>AAG Northbrook</b> <b>AAG Wheeling</b> <b>Achievers Gymnastics</b> <b>Beausejour Gymnos</b> <b>Genie's Gymnastics</b> <b>Gym Starz PA</b> <b>Park Avenue</b> <b>Reading Gymnastics</b> <b>Sunny Gymnastics</b> <b>Team Twisters (21)</b> <b>World Class Miami</b>	<u><b>Level 5</b></u> <b>Beausejour Gymnos</b> <b>Gymnastic World FM</b> <b>Infiniti Elite NY</b> <b>JLF Elite Gymnastics</b> <b>TAG USA</b> <b>Top Gymnastics FL</b> <b>World Class Miami</b>	<u><b>Xcel Platinum</b></u> <b>AAG Northbrook</b> <b>Achievers Gymnastics</b> <b>Alpha Gymnastics</b> <b>Gymnastic World FM</b> <b>Infiniti Elite NY</b> <b>Reading Gymnastics</b> <b>Rock Gymnastics</b> <b>TAG USA</b> <b>Victory Elite</b> <b>West Broward</b> <b>World Class Miami</b> <b>ZGA</b>

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# Tim Rand Invitational White Gym Schedule

Broward County Convention Center, Fort Lauderdale

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## SUNDAY, MARCH 2, 2025

<b>Session W5</b> <b>Level 6</b> <b>Stretch/Warm up 8:00am</b>	<b>Session W6</b> <b>Xcel Bronze</b> <b>Stretch/Warm up: 11:00am</b>	<b>Session W7</b> <b>Xcel Bronze</b> <b>Stretch/Warm up: 1:00pm</b>
<b>5280 Gymnastics</b> <b>Cartwheels Gym</b> <b>Gateway Elite</b> <b>Gym World Naples</b> <b>JLF Elite Gymnastics</b> <b>Maximum Velocity</b> <b>NTS Gymnastics</b> <b>Premier NJ</b> <b>Rock Gymnastics</b> <b>Stars GTC Houston</b> <b>Victory Elite</b> <b>West Broward</b> <b>ZGA</b>	<b>Alpha Gymnastics</b> <b>Gravity Gymnastics (21)</b> <b>Infiniti Elite Gymnastics</b> <b>TAG USA</b> <b>West Broward</b>	<b>Action Gymnastics IL</b> <b>FGTC</b> <b>Gravity Gymnastics (17)</b> <b>Gym Starz PA</b> <b>LGA</b> <b>Pride Gymnastics</b> <b>World Class Miami</b>

<b>Session W8</b> <b>Xcel Silver</b> <b>Stretch/Warm up: 3:00pm</b>	<b>Session W9</b> <b>Xcel Gold</b> <b>Stretch/Warm up: 5:45pm</b>
<b>Chelsea Piers</b> <b>Gravity Gymnastics</b> <b>Gym World Naples</b> <b>Gymnastic World FM</b> <b>Gymnastics Palace</b> <b>Pride Gymnastics</b> <b>West Broward</b> <b>World Class Miami</b> <b>ZGA</b>	<b>Chelsea Piers</b> <b>Gravity Gymnastics</b> <b>Gymnastic World FM</b> <b>Gymnastics Du Sol</b> <b>JLF Elite Gymnastics</b> <b>NTS Gymnastics</b> <b>Pride Gymnastics</b> <b>Team Twisters (20)</b> <b>West Broward</b> <b>ZGA</b>

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## AWARDS EVERY SESSION

No Athlete Designation for Team (top 3 scores count). Top 5 Teams Awarded

Athletes Divided by Birth Date into Small Award Groups

100% All Around Awarded

*All Athletes Recognized for their Commitment & Accomplishments!*



**Now for the really fun stuff....**Tim Rand started the tradition years ago, of rewarding athletes with “Twister Bucks” throughout their competitive session and at awards. After the awards ceremony, athletes spend their Twister Bucks at the “Mall Table”. The Mall Table has all sorts of wonderful, kid friendly items to purchase. The athletes have a great time, and the best part—they can spend their cash however they want!

Twister Bucks are earned in numerous ways. Everyone starts out with some cash already. They are then additionally rewarded by their scores on each event and the all around, by showing aggressive rhythm on bars, performing a leap with great amplitude on beam, explosive or high tumbling, a no fall routine, artistry on floor that goes above and beyond, and of course, sticking landings. NEVER will you see the athletes try so hard to stick their landings!

Get your athletes excited now! They could do a lot of damage at the Mall. A complete list of “earning potential” will be available on event day.



***Earn those Twister Bucks!***



# The Greater Fort Lauderdale Broward County Convention Center

1950 Eisenhower Blvd., Ft. Lauderdale Florida 33316 [ftlauderdalecc.com](http://ftlauderdalecc.com)

From the North or South: Take I-95 or Florida's Turnpike and Exit at 595 East. Exit at US 1 North and proceed to S.E. 17th St. Go East on S.E. 17th St. to Eisenhower Blvd. Turn right on Eisenhower. Follow signs to the Convention Center.

The on-site parking garage features 1500 parking spots including ADA-compliant parking spaces. The Center is conveniently connected to the parking garage with covered, air-conditioned skywalk, on the 2nd level.

The parking rate is \$20.00 per visit. No overnight parking is allowed. Parking Garage accepts MasterCard, Visa, Discover and American Express. The Broward County Convention Center is a cashless facility.

## Host Hotels

### Hyatt Place Fort Lauderdale Cruiseport

Distance from venue: 1.5 miles  
Rate: \$289.00 + tax  
Free hot breakfast. Parking \$10 per night.  
Complimentary airport shuttle.  
[Reservations link](#) (deadline January 27, 2025)

### Springhill Suites Dania Beach

Distance from venue: 7 miles  
Rate: \$229.00 + tax  
Free hot breakfast. Parking \$10 per stay.  
Complimentary airport shuttle.  
[Reservation link](#) (deadline January 28, 2025)

### Hampton Inn Airport North Cruise Port

Distance from venue: 3 miles  
Rate: \$244.00 + tax  
Free hot breakfast. Complimentary parking.  
Complimentary airport shuttle.  
[Reservations link](#) (deadline February 3, 2025)

### Holiday Inn Express

Distance from venue: 0.5 miles  
Rate: \$309.00 + tax  
Free hot breakfast. Parking \$5 per night.  
Complimentary airport shuttle.  
[Reservation link](#) (deadline January 27, 2025)

### Embassy Suites by Hilton Fort Lauderdale 17th St.

Distance from venue: 0.7 miles  
Rate: \$314.00 + tax  
Free hot breakfast. Parking \$22 per night.  
[Reservation link](#) (deadline January 28, 2025)

### Renaissance Fort Lauderdale Marina

Distance from venue: 0.3 miles (6 minute walk)  
Rate: \$289.00/\$299.00 + tax  
Breakfast for purchase. Parking \$20 per night.  
[Reservation link](#) (deadline January 27, 2025)  
If no rooms available in 1st link, click [HERE](#)

### Hilton Fort Lauderdale Marina

Distance from venue: 0.2 miles (5 minute walk)  
Rate: \$344.00 + tax  
Breakfast for purchase. Parking \$44 per night (self)  
[Reservation link](#) (deadline January 27, 2025)

### **SPECTATOR ADMISSION**

#### **Cash price**

\$25 / Adult (12 + up)  
\$20 / Senior & Active Military (I.D.)  
\$15 / Child

Length of Event Adult/Senior/Military \$35/\$25

#### **Credit Card price**

\$28 / Adult (12 + up)  
\$23 / Senior & Active Military (I.D.)  
\$18 / Child

Length of Event Adult/Senior/Military \$38/\$28



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[www.USACompetitions.com](http://www.USACompetitions.com)

Many thanks to our sponsors:



# Hairstyles to Impress

HAIRSTYLES TO IMPRESS WILL BE ON-SITE OFFERING PROFESSIONAL HAIR STYLING SERVICES. TO SECURE YOUR APPOINTMENT, PLEASE BOOK IN ADVANCE THROUGH THE LINK BELOW:

[HAIRSTYLETOIMPRESS.COM/GYMNASTIC](https://hairstyletoimpress.com/gymnastic)

[Book Your Hair Styling Appointment](https://hairstyletoimpress.com/gymnastic)

