



FLIPS & FLANNELS INVITATIONAL

Hosted by Extreme Gymnastics USA

NOVEMBER 20-22, 2026



Taylor Sportsplex
13333 Telegraph Rd
Taylor, MI 48180
Inside Roller Rink



USAG LEVELS
3-10 & XCEL
+ Fun Meet

ENTRY FEES

DP COMPULSORY & XCEL

Levels 3-5 | Xcel
Bronze, Silver & Gold

\$140

DP OPTIONAL & XCEL

Levels 6-10 | Xcel
Platinum, Diamond & Sapphire

\$150

FUN MEET

All Non-Sanctioned
Levels

\$95

TEAM FEE: \$65



ENTRY DEADLINE
OCTOBER 1, 2026



HOW TO ENTER

Submit entries via USAG Reservations. Please include only coaches attending. Fun Meet gymnasts: enter as Level 1 or 2, or email your roster.



SEND ENTRIES / CHECKS TO

Make checks payable to Extreme Gymnastics, U.S.A.
Extreme Gym
C/O Flips & Flannels
22955 W Industrial Dr
St. Clair Shores, MI 48080
angelas@extremegym.net

SCAN FOR WEBSITE



Make it a weekend!

Head downtown for the annual Detroit Tree Lighting Ceremony – a family event. Meet site only 20 min from downtown.

A fun, festive fall competition weekend!