



# TCR Cup 2023

## Twin Cities Rhythmic Invitation

### January 21-22, 2023

**Meet Director:** Varvara Nizovskikh

**Phone:** 612-978-0459

**Email:** [tcr@tcrhythmic.com](mailto:tcr@tcrhythmic.com)

**Event Site:** 7700 Monroe St NE, Spring Lake Park, MN 55432

27 feet ceiling, 1 competition carpet, half size competition carpet for warm-up and gym with low ceiling for stretch. Parking is free.

**Entry Fees:** Entry fees are non-refundable

Level 3,4 - \$90 AA or \$50 per routine

Level 5,6 - \$125 AA or \$50 per routine

Level 7,8 - \$150 AA or \$50 per routine

Level 9,10 - \$175 AA or \$50 per routine

Level 4 Synchro Floor - \$20 per gymnast

Beginner, Intermediate, Advanced Groups - \$150 per routine

**Registration:** All clubs must register coaches and participants via KSIS,  
registration deadline **December 15, 2022**

please mail ONE check per team payable to TCR

send to Varvara Nizovskikh 10946 Colorado Ave N, Champlin, MN 55316

**Late fee:** \$25 per gymnast

**Music:** All music must be submitted in .MP3 format via KSIS by **January 5, 2023**

**D-Forms:** Difficulty forms for level 6-8 must be submitted in .PDF format via KSIS by **January 13, 2023**

**Admission:** \$15 per guest (15 years old and up), kids are free.

**Host hotel:** Information coming soon