2016 Ironman Invitational

Moundsview Community Center, 5394 Edgewood Drive, Moundsview, MN 55112 Final Schedule: Date 12/20/2015

- ** Due to the space issues for viewing, we split the level 4's & 5's by teams.
- ** We will be doing team awards after each session is complete.

Session 1	Traditional Format	Teams Competing
	Level 4 (44 Gymnasts)	Squad A: Gleason's MG
3:00am	Open Stretch	Squad B: Elite
3:20am	Timed Warm-up (8 minutes rotations)	Squad C: Great Northern / Legacy
9:10am	March-in	Squad D: Mini-Hops
9:20am	Competition	Squad E: Gleason's Eagan
10:30am	Awards	Squad F: IGM
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Session 2	Modified Capital Cup Format	
	Level 6-7 (57 Gymnasts)	
11:30am	Open Stretch	
11:50am	Timed Warm-up (12 minutes)	
12:05pm	March-in	
12:15pm	Competition	
3:25pm	Awards	
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Session 3	Traditional Format	<u>Teams Competing</u>
	Level 4 (44 Gymnasts)	Squad A: MN Valley / KAATS
4:25pm	Open Stretch	Squad B: North Crest
4:45pm	Timed Warm-up (8 minutes rotations)	Squad C: North Shore
5:35pm	March-in	Squad D: JETS / TNT
5:45pm	Competition	Squad E: TCT
6:55pm	Awards	Squad F: Classic / Kenwood
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Sunday	, January 10 th	
-	, January 10 th Traditional Format	<u>Teams Competing</u>
Sunday Session 4	, January 10 th <u>Traditional Format</u> Level 5 (49 Gymnasts)	Squad A: North Shore / Elite
Sunday Session 4	, January 10th <u>Traditional Format</u> (Level 5 (49 Gymnasts) Open Stretch	Squad A: North Shore / Elite Squad B: Tags South
Sunday Session 4 3:00am 3:20am	, January 10 th Traditional Format Level 5 (49 Gymnasts) Open Stretch Timed Warm-up (9 minutes)	Squad A: North Shore / Elite Squad B: Tags South Squad C: JETS
Sunday Session 4 3:00am 3:20am 9:15am	January 10 th <u>Traditional Format</u> (Level 5 (49 Gymnasts)) Open Stretch Timed Warm-up (9 minutes) March-in	Squad A: North Shore / Elite Squad B: Tags South Squad C: JETS Squad D: Red River Valley / TNT
Sunday Session 4 3:00am 3:20am 9:15am 9:25am	January 10 th Traditional Format Level 5 (49 Gymnasts) Open Stretch Timed Warm-up (9 minutes) March-in Competition	Squad A: North Shore / Elite Squad B: Tags South Squad C: JETS Squad D: Red River Valley / TNT Squad E: North Crest / Jam Hops
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Sunday Session 4 B:00am B:20am D:15am D:25am 10:45am Session 5	January 10 th <u>Traditional Format</u> Level 5 (49 Gymnasts) Open Stretch Timed Warm-up (9 minutes) March-in Competition Awards <u>Modified Capital Cup Format</u> Level 8-10 (69 Gymnasts)	Squad A: North Shore / Elite Squad B: Tags South Squad C: JETS Squad D: Red River Valley / TNT Squad E: North Crest / Jam Hops
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