

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.

Saturday, January 9th

Session 1	Traditional Format	Teams Competing
	Level 4 (44 Gymnasts)	Squad A: Gleason's MG
8:00am	Open Stretch	Squad B: Elite
8:20am	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

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

Session 3 Traditional Format Teams Competing

Level 4 (44 Gymnasts)	Teams Competing	
4:25pm	Open Stretch	Squad A: MN Valley / KAATS
4:45pm	Timed Warm-up (8 minutes rotations)	Squad B: North Crest
5:35pm	March-in	Squad C: North Shore
5:45pm	Competition	Squad D: JETS / TNT
6:55pm	Awards	Squad E: TCT
		Squad F: Classic / Kenwood

Sunday, January 10th

Session 4	Traditional Format	Teams Competing
	Level 5 (49 Gymnasts)	Squad A: North Shore / Elite
8:00am	Open Stretch	Squad B: Tags South
8:20am	Timed Warm-up (9 minutes)	Squad C: JETS
9:15am	March-in	Squad D: Red River Valley / TNT
9:25am	Competition	Squad E: North Crest / Jam Hops
10:45am	Awards	Squad F: Great Northern / KAATS

Session 5 Modified Capital Cup Format

Level 8-10 (69 Gymnasts)	
11:40am	Open Stretch
12:00pm	Timed Warm-up (15 minutes)
12:15pm	March-in
12:40pm	Competition
4:00pm	Awards

Session 6 Traditional Format Teams Competing

Level 5 (53 Gymnasts)	Teams Competing	
5:00pm	Open Stretch	Squad A: MN Valley / Legacy
5:20pm	Timed Warm-up (9 minutes)	Squad B: Gleason's MG / TCT
6:15pm	March-in	Squad C: Kenwood
6:25pm	Competition	Squad D: Gleason's Eagan
7:45pm	Awards	Squad E: Classic / Mini-Hops (Age 10+)
		Squad F: Mini-Hops (Age 7-9)