

2016 John Roethlisberger Open Men's Competition Schedule

Meet Site: University of MN Sports Pavilion

Final

Dec 23, 2015



Friday (Jan 29):

Modified Capitol Cup Format

Session 1 Level 8: (66 Gymnast's)
7:30 am Open Stretch
7:50 am Team Introduction
8:00 am Competition (Warm-up 13 min./rotation)
11:45 am Awards

Modified Capitol Cup Format

Session 2 Level 9: (37 gymnast's)
12:00 pm Open Stretch
12:20 pm Team Introduction
12:30 pm Competition (Warm-up 10 min./rotation)
2:50 pm Awards

Modified Capitol Cup Format

Session 3 Level 10: (56 gymnast's)
3:05 pm Open Stretch
3:25 pm Team Introduction (Warm-up 13 min./rotation)
3:35 pm Competition
7:00 pm Awards

Traditional Format

Session 4 Level 7 : (48 gymnast's)
7:15 pm Open Stretch
7:35 pm Warm-up (8 min./event)
8:25 pm Team Introduction
8:35 pm Competition
9:45 pm Awards

2016 John Roethlisberger Iceberg Open Men's Competition Schedule

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Saturday (Jan 30, 2016):

Traditional Format

Session 5	Level 6 (80 gymnast's)
8:00 am	Open Stretch
8:20 am	Warm up (15 min./event)
9:50 am	Team Introduction
10:00 am	Competition
12:15 pm	Awards

Traditional Format

Session 6	Level 4: (101 gymnast's)
12:45 pm	Open Stretch
1:00 pm	Open Warm up
2:00 pm	Team Introduction
2:15 pm	Competition
4:30 pm	Awards

Session 7	Level 9 and 10 Event Finals
5:00pm	Open Stretch
5:40pm	Timed Warm ups
7:00pm	Team Introduction
U of MN, U of NE	
Level 9 and Level 10 event finalist	

Sunday (~~XXXXXX~~) Jan. 31

Traditional Format

Session 8	Level 5: (80 gymnast's) Teams: Air Force, Cahoy's, Swiss Turners, Omega, Rapid City, Metro Stars, Oshkosh, Red River Valley, JETS, Mini-Hops, Elite, Pioneer, Gleasons MG
9:00 am	Open Stretch
9:20 am	Timed Warm ups (15 min./ event)
10:50 am	Team Introduction
11:00 am	Competition
1:15 pm	Awards

Session 9	Level 5 (76 gymnast's) Teams: TRIAD, NSGA, Jam Hops, Sapphire, American Gold, KAATS, Great Northern, North Crest, MN Valley, Gleasons-Eagan, TAG-So, TCT, Classic, Kenwood, Legacy
1:40 pm	Open Stretch
2:00 pm	Timed Warm-ups (15 min. /event)
3:30 pm	Team Introductions
3:40 pm	Competition
5:40 pm	Awards

