

2025 MINNESOTA GymACT INVITATIONAL

FEBRUARY 15 & 16, 2025

THE LUMINARE

770 SE 9th Street

Minneapolis, MN 55414

SATURDAY, FEBRUARY 15, 2025

SESSION I: LEVEL 5 & 6 – Modified Capital Cup (43 gymnasts)

- 8:00 – 8:20 am General Stretch
- 8:25 am – Introductions and National Anthem
- 8:30 am – Competition begins.
- 10:45 am – Competition concludes (approximately 22 minutes/rotation)
- 10:55 am – 11:20 am – Awards

SESSION II: LEVEL 7, 8, 9, & 10 – Modified Capital Cup (47 gymnasts)

- 11:50 am – 12:20 pm General Stretch
- 12:25 pm – Introductions and National Anthem
- 12:30– 3:30 pm – Warm Up/Compete (30 minutes/rotation: 15 minutes warm up/ 15 minutes compete)
- 3:35 – 4:05 pm – Awards

SESSION III: Minnesota 1/Minnesota 2 + Wisconsin/Iowa/NIU 1/ NIU 2

Modified Capital Cup Format

- 4:05 – 4:40 pm General Stretch
- 4:45 pm - Introductions and National Anthem
- 4:55 pm – Warmup begins on first event (12 minute warmup period; 15 minutes compete)
- 7:40 pm – Competition concludes.
- 7:50 pm – Awards and presentation of Prize Money Checks
- 8:15 pm - Depart

SUNDAY, FEBRUARY 16, 2025

SESSION IV: LEVEL 4 – Modified Capital Cup (65 gymnasts)

- 8:00 – 8:20 am General Stretch
- 8:25 – Introductions and National Anthem
- 8:30 am – Warmup on first event begins (15 minute warmup, 15 minute compete)
- 11:30 am – Competition concludes.
- 11:40 – 12:10 am – Awards

SESSION V: LEVEL 3 – Modified Capital Cup (55 gymnasts)

- 12:30 – 12:50 pm General Stretch
- 12:55 pm – Introductions and National Anthem
- 1:00 pm– Warm Up on first event begins (12 minute warmup, 13 minute compete)
- 3:30 pm – Competition concludes.
- 3:40 – 4:10 pm – Awards