



2017 Harvest Invitational (as of September 9, 2017)

(hosted by Rising Stars Gymnastics Academy)

At North St. Paul High School: 2416 East 11th Ave, North St. Paul, MN 55109

Modified Traditional format



Saturday, October 21

Session #1

Level 4 & 5

Classic, Dynamics, No Boundaries,
North Shore

7:45	Doors open, registration
8:00	Open Stretch, bar setting
8:20	1 st event Timed warm-up
8:35	Teams Introduction
8:40	Competition
10:45	Awards

Session #3 Lv 4, Platinum, Diamond

Level 4: EGA, MN Valley, RGC,
Rochester, Rising Stars
Platinum/Diamond: EGA, Rising Stars

2:40	Open Stretch, bar setting
3:00	1 st event Timed warm-up
3:15	Teams Introduction
3:20	Competition
6:00	Awards

Session #2 Level 3

EGA, No Boundaries, North Shore, RGC,
Rochester, Rising Stars

11:15	Open Stretch, bar setting
11:35	1 st event Timed warm-up
11:50	Teams Introduction
11:55	Competition
2:10	Awards

Session #4 Bronze, Silver, Gold

** EGA, **Rising Stars

6:30	Open Stretch, bar setting
6:50	1 st event Timed warm-up
7:05	Teams Introduction
7:10	Competition
9:30	Awards



**** Teams with asterisks
by their name- split into
two, three groups. Please
bring enough coaches.**



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Sanctioned Event