



2018 Harvest Invitational (as of September 12, 2018)

(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 20

Session #1 Silver

Hudson, Granite City, * Rising Stars

7:45	Doors open, registration
8:00	Open Stretch, bar setting
8:20	1 st event Timed warm-up
8:30	Teams Introduction
8:35	Competition
10:00	Awards

Session #2 Level 3 & Bronze

Level 3: Dynamics, EGA,
No Boundaries, RGC,
Rising Stars, Rochester

Bronze: Hudson

10:30	Open Stretch, bar setting
10:50	1 st event Timed warm-up
11:05	Teams Introduction
11:10	Competition
1:00	Awards

Session #3 Level 4

Dynamics, EGA, Hudson,
No Boundaries, RGC, Rochester,
Rising Stars, Spirit, TAGS South

1:30	Open Stretch, bar setting
1:50	1 st event Timed warm-up
2:10	Teams Introduction
2:15	Competition
5:30	Awards

Session #4 Level 5, Gold, Platinum & Diamond

Level 5: Dynamics, EGA, Spirit,
TAGS South

Gold-Diamond: **Rising Stars

6:00	Open Stretch, bar setting
6:20	1 st event Timed warm-up
6:35	Teams Introduction
6:40	Competition
8:45	Awards



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



USA GYMNASTICS.
Sanctioned Event