

Rising Stars Invitational
Colin Powell Center
2924 4th Ave, Minneapolis, MN 55408

(as of 1/30/19)

Saturday, March 9, 2019

Purple Gym
(Modified Capitol Cup)

Session 1 P ~ Level 7/8

Level 7: Dynamics, EGA, Giant, Gymfinity, IGM*, Laketown, Mankato, Rising Stars*

Level 8: Dynamics, EGA, Giant, Gleason's MG, IGM, KAATS, Laketown, Mankato, Rising Stars

8:30	Door open
9:00	Open Stretch, bar setting
9:20	Teams Introduction
9:25	1 st event warm-up (side A)
9:40-12:30	Competition

Individual and Team Awards to follow

Session 2 P ~ Level 9/10

Level 9: Giant, Gymfinity, IGM, Jam-Hops, KAATS, KidSport, Laketown, Mankato, MN Aerials, North Crest, RGC, TAGS EP*, TAGS S

Level 10: Giant, Gymfinity, IGM, Jam-Hops, KAATS, KidSport, MN Aerials, Roseville, TAGS EP

1:00	Open Stretch, bar setting
1:20	Teams Introduction
1:25	1 st event warm-up (side A)
1:40 – 4:20	Competition

Individual and Team Awards to follow

Session 3 P ~ Level 8

Granite City, Gymfinity, Jam-Hops, KidSport, MN Aerials, Mini-Hops, RGC, Roseville*, TAGS EP, TAGS S, TGA

4:50	Open Stretch, bar setting
5:10	Teams Introduction
5:15	1 st event warm-up (side A)
5:30-7:50	Competition

Individual and Team Awards to follow

Green Gym
(Modified Capitol Cup)

Session 1 G ~ Silver

Gym-Nation, Dynamics, EGA, Laketown, Legacy*, Revolution, Rising Stars **

8:30	Door Open
9:00	Open Stretch, bar setting
9:20	Team introduction
9:25	1 st event Timed Warm-up
9:35-11:45	Competition

Individual and Team Awards to follow

Session 2 G ~ Gold

Dynamics*, EGA*, Giant, Laketown*, Legacy*, Revolution, Rising Stars **

12:15	Open Stretch, bar setting
12:35	Team introduction
12:40	1 st event Timed Warm-up
12:55-3:45	Competition

Individual and Awards to follow

Session 3 G ~ Platinum/Diamond

Platinum: Dynamics*, EGA, Gym-Nation*, IGM*, Laketown, Legacy*, Mini-Hops, MN Aerials, North Twistars, Revolution, Rising Stars

Diamond: Dynamics, Gym-Nation, IGM, Legacy, Mini-Hops, North Twistars, Rising Stars

4:15	Open Stretch, bar setting
4:35	Team introduction
4:40	1 st event Timed Warm-up
5-8:30	Competition

Individual and Awards to follow

*** Team split into two groups, need extra coaches**

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Sunday, March 10, 2019

Daylight savings! Set clocks ahead 1 hour.

Purple Gym
(Modified Capitol Cup)

Session 4 P ~ Level 6

Dynamics, EGA*, Giants, Granite City, Jam-Hops, Laketown, Mini-Hops, MN Aerials, RGC, Rising Stars, TGA, TAGS EP, TAGS S

8:30	Door Open
9:00	Open Stretch, bar setting
9:20	Teams Introduction
9:25	1 st event warm-up (side A)
9:40-12:30	Competition

Individual and Team Awards to follow

Session 5 P ~ Level 7

Jam-Hops, Mini-Hops, MN Aerials, Northfield, Revolution, RGC, Roseville*, TAGS EP, TGA

1:00	Open Stretch, bar setting
1:20	Teams Introduction
1:25	1 st event warm-up (side A)
1:30-3:50	Competition

Individual and Team Awards to follow

Green Gym
(Modified Capitol Cup)

Session 4 G ~ ~ Bronze

EGA, IGM*, Gym-Nation, Laketown*, Legacy, Mini-Hops*, MN Aerials, Revolution

8:30	Door Open
9:00	Open Stretch, bar setting
9:20	Team introduction
9:25	1 st event Timed Warm-up
9:30-11	Competition

Individual and Team Awards to follow

Session 5 G ~ Silver/ Gold

Silver: IGM*, Mini-Hops, MN Aerials

Gold: Gym-Nation, Horizon, IGM, Mini-Hops, MN Aerials, North Twistars,

11:30	Open Stretch, bar setting
11:50	Team introduction
11:55	1 st event Timed Warm-up
12:05-2:50	Competition

Individual and Awards to follow

*** Team split into two groups, need extra coaches**