

Minnesota 1st Qualifier Oct.4-5

Hosted by Jam Hops

Held at Fridley High School

6000 Moore Lake Dr West
Fridley, MN 55432

SATURDAY, OCTOBER 4

Session 1- Level 5 (65 gymnasts)

Rum River Gold, Roseville, Tags EP, Tags South, Crowleys, North Crest,
Minnesota Valley

Doors Open	7:45 AM
Open Stretch	8:00-8:30 AM
Timed Warm Ups	8:30-9:45 AM
March In	9:50 AM
Competition	10:00 AM-12:30 PM
Awards	12:45 PM

Session 2- Level 6 (53 gymnasts)

IGM, Roseville, Dynamic, Tags South, Crowleys, North Crest, YMCA Aerials,
Tags EP

Doors Open	12:15 PM
Open Stretch	12:30-1:00 PM
Timed Warm Ups	1:00-2:00 PM
March In	2:05 PM
Competition	2:15 PM-4:15 PM
Awards	4:30 PM

Session 3- Level 5 (53 gymnasts)

Jam Hops, Granite City, Dynamic, Hastings Gymnastics Center,
Gymnastics Galaxy, Bemidji Aerials,

Doors Open	4:00 PM
Open Stretch	4:15-4:45 PM
Timed Warm Ups	4:45-5:45 PM
March In	5:50 PM
Competition	6:00 PM-8:00 PM
Awards	8:15 PM

***Please note: Gym Galaxy is split-

SUNDAY, OCTOBER 5

Session 4- Level 6 (50 gymnasts)

Flyaways Gold, Midwest, Granite City, Hastings Gymnastics Center, Rising Stars, Olympic, Minnesota Valley, Gymnastics Galaxy, Bemidji Aerials, Jam Hops

Doors Open	7:45 AM
Open Stretch	8:00-8:30 AM
Timed Warm Ups	8:30-9:25 AM
March In	9:30 AM
Competition	9:40 AM-11:30 AM
Awards	11:45 AM

Session 5- Level 5 (67 gymnasts)

Flyaways Gold, Midwest, Olympic, YMCA Aerials, Rising Stars

Doors Open	12:15 PM
Open Stretch	12:30-1:00 PM
Timed Warm Ups	1:00-2:00 PM
March In	2:05 PM
Competition	2:15 PM-4:15 PM
Awards	4:30 PM

***Please Note: Flyaways and Midwest are split –

Questions? Please call the gym at (763) 413-0647