

# 2009 Level 5 & 6 Minnesota Compulsory State Gymnastics

## Level 5 Sessions (Saturday, December 12)

Session #1	(55)	
Doors open		7:45
Stretch		8:00
Timed warm ups		8:15
March In		9:20
Competition		9:30
Awards		11:45

Level 5 teams: Richfield, Olympic, Granite City, MN Valley, Jets, MN Aerials, Gleason's Eagan, MN Flyers, Spirit, Hastings, Bemidji, Crowley's, Roseville, Rum River Gold, Great Northern, Tags EP.

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Session #2	(54)	
Registration		10:45
Stretch		11:25
Timed warm ups		11:40
March In		12:45
Competition		12:55
Awards		3:10

Level 5 teams: Northwest, Mini-Hops, Flips, North Crest, Gleason's Maple Grove, \*Galaxy, Tags South.

\* These teams will be split

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Session #3	(54)	
Registration		2:00
Stretch		2:50
Timed warm ups		3:05
March In		4:05
Competition		4:15
Awards		6:30

Level 5 teams: Grand Rapids, Northern Flight, TCT, Perpetual Motion, Northshore, \*Midwest.

\* These teams will be split

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Session #4	(64)	
Registration		5:00
Stretch		5:50
Timed warm ups		6:30
March In		7:35
Competition		7:45
Awards		10:00

Level 5 teams: Flyaway's, Gym-Nation, \*Dynamic, Elite, Rising Stars, Classic, \*Jam Hops.

\* These teams will be split

\*\*\*Note: The sessions are going to be very tight, and therefore it will be very important that you keep your gymnasts running on time for each session. This is due to a large number that qualified\*\*\*

# 2009 Level 5 & 6 Minnesota Compulsory State Gymnastics

## Level 6 Sessions (Sunday, December 13)

Session #5	(57)	
Doors open		7:45
Stretch		8:00
Timed warm ups		8:15
March In		9:20
Competition		9:30
Awards		11:45

Level 6 teams ~ Age 11: Crowleys, Elite, Flyaways, Grand Rapids, Gym-Nation, Jam Hops, Mini-Hops, MN Aerials, MN Flyers, MN Valley, North Crest, North Shore, Northern Flight, Northwest, Perpetual Motion, Rising Stars, Rum River, Tags EP, Tags South, TCT

Session #6	(62)	
Registration		11:15
Stretch		12:00
Timed warm ups		12:15
March In		1:30
Competition		1:40
Awards		4:00

Level 6 teams ~ Ages 8,9 and 10: Bemidji, Crowleys, Dynamics, Elite, Flyaways, Gleasons Eagen, Grand Rapids, Granite City, Great Northern, Gym-Nation, Hastings, IGM, Jam Hops, Jets, Mini-Hops, MN Aerials, MN Flyers, MN Valley, North Crest, North Shore, Northern Flight, Northwest, Olympic, Perpetual Motion, Rising Stars, Tags EP, Tags South, TCT

Session #7	(64)	
Registration		3:30
Stretch		4:15
Timed warm ups		4:35
March In		5:45
Competition		6:00
Awards		8:25

Level 6 teams ~ Age 12 & 13+: Bemidji, Crowley's, Dynamics, Elite, Flips, Flyaway's, Gleason's Eagan, Gleason's Maple Grove, Grand Rapids, Granite City, Great Northern, Hastings, Jam Hops, Jets, Mini-Hops, MN Aerials, MN Flyers, MN Valley, North Crest, North Shore, Northern Flight, Perpetual Motion, Richfield, Tags South, TCT

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