

2010 TROPICAL TWIST GYMNASTICS INVITATIONAL
HOSTED BY: Central Minnesota Gymnastics Association (CMGA)

SATURDAY, FEB. 13, 2010

Session 1 – Level 4 Traditional Meet Format (58 Gymnasts)

Bemidji Aerials, Granite City Gymnastics, Minnesota Aerials, Minnesota Valley, Richfield Gymnastics, Turner Hall Gymnastics, Power Grace Gymnastics

8:45 a.m. Doors open	10:30 a.m. March in
9:00-9:25 a.m. General stretch	10:40 a.m. Competition begins
9:25-10:20a.m. Timed warm-ups	12:00 p.m. Awards

Session 2 - Level 5 Traditional Meet Format (Teams will rotate together.) (59 Gymnasts)

Alexandria Lakes Area Recreation, Bemidji Aerials, Granite City Gymnastics, Minnesota Flyers, Richfield Gymnastics, Roseville Gymnastics, Spirit Gymnastics, Turner Hall Gymnastics, Power Grace Gymnastics

12:15-12:45 p.m. General stretch	2:00 p.m. Competition begins
12:45-1:45 p.m. Timed warm-ups	4:15 p.m. Awards
1:50 p.m. March in	

Session 3 - Level 6 Traditional Meet Format (Teams will rotate together.) (43 Gymnasts)

American Gold Gymnastics, Bemidji Aerials, Dynamics, Granite City Gymnastics, Minnesota Aerials, Minnesota Flyers, Northwest Gymnastics, Richfield Gymnastics, Spirit Gymnastics, Power Grace Gymnastic

4:30-5:00 p.m. General stretch	6:10 p.m. Competition begins
5:00-5:50 p.m. Timed warm-ups	8:00 p.m. Awards
6:00 March-In	

SUNDAY, FEB. 14, 2010

Session 4 - Level 7, Modified-Traditional Meet Format (Teams will rotate together.) (56 Gymnasts)

Alexandria Lakes Area Rec., American Gold Gymnastics, Gymnastics Galaxy, Grand Rapids Gymnastics Academy, Granite City Gymnastics, Minnesota Flyers, Minnesota Valley Gymnastics, Northwest Gymnastics

8:45 a.m. Doors open	10:00 a.m. National Anthem & Introductions
9:00-9:30 a.m. General stretch	10:10 a.m. Competition begins
9:30 a.m. Warm up 1 st event	1:30 p.m. Awards

Session 5 - Levels 7, 8, & 9, Modified-Traditional Meet Format (Teams will rotate together with rotation cards.) (53 Gymnasts)

Level 7: Bemidji Aerials, Northern Flight Gymnastics, Richfield Gymnastics, Spirit Gymnastics, Power Grace Gymnastics

Level 8: Bemidji Aerials, Grand Rapids Gymnastics Academy, Granite City Gymnastics, Gymnastics Galaxy, Minnesota Flyers, Minnesota Valley Gymnastics, Northern Flight Gymnastics, Northwest Gymnastics, Richfield Gymnastics, Spirit Gymnastics, Power Grace Gymnastics

Level 9: Bemidji Aerials, Granite City Gymnastics, Gymnastics Galaxy, Northern Flight Gymnastics, Spirit Gymnastics, Power Grace Gymnastics

1:45 p.m. General stretch	2:55 p.m. Competition begins
2:15 p.m. Warm-up 1 st event	6:30 p.m. Awards
2:45 p.m. National Anthem & Introductions	

