

**2008 TROPICAL TWIST INVITE**  
**HOSTED BY: CENTRAL MN GYMNASTICS ASSOCIATION**  
**MEET LOCATION:**  
**APOLLO HIGH SCHOOL**  
**1000 44<sup>th</sup> Ave. N., St. Cloud, MN 56303**

**SATURDAY, FEB. 16**

**Session 1 - Levels 4 (64 gymnasts) .....Traditional Meet Format**

**Teams: Bemidji Aerials, Grand Rapids, Granite City, Jam Hops, MN Flyers, Richfield, Rising Stars, TNT**

7:45 a.m. Doors open	9:35 a.m. March in
8:00 a.m. General stretch	9:45 a.m. Competition
8:30 a.m. Timed warm-ups	12:00 p.m. Awards

**Session 2 - Level 5 (70 gymnasts) .....Traditional Meet Format**

**Teams: American Gold, Bemidji Aerials, Grand Rapids, Granite City, MN Flyers, Richfield, Rising Stars, TGA, TNT**

12:15 p.m. General stretch	2:05 p.m. Competition
12:45 p.m. Timed warm-ups	4:30 p.m. Awards
1:55 p.m. March in	

**Session 3 - Level 6 (65 gymnasts) .....Traditional Meet Format**

**Teams: American Gold, Bemidji, Grand Rapids, Granite City, IGM, Just Jymnastics, MN Flyers, Richfield, Rising Stars, Rum River, TGA, TNT**

4:45 p.m. General stretch	6:30 p.m. Competition
5:15 p.m. Timed warm-ups	8:45 p.m. Awards
6:20 p.m. March in	

**SUNDAY, FEB. 17**

**Session 4 - Level 7 (52 gymnasts) .....Modified Traditional Meet Format**

**Teams: American Gold, Bemidji, Flyaways, Grand Rapids, Granite City (split), Just Jymnastics, Rum River, TNT**

7:45 a.m. Doors open	8:45 a.m. March in
8:00 a.m. General stretch	9:55 a.m. 30 second touch-Competition begins
8:30 a.m. Warm-up first event	11:45 a.m. Awards

**Session 5 - Level 7..8..9..10 (46 gymnasts).....Modified Traditional Meet Format**

**Teams: All Stars-Level 8, American Gold-Levels 8 & 10 (will be split), Bemidji-Level 8, Granite City-Levels 8 & 9, Flyaways Gold-Level 8, Grand Rapids-Level 8, Gymnastics Galaxy-Levels 8 & 9, Just Jymnastics-Levels 8 & 9, TGA-Levels 7, 8, 9 & 10 (split), Toblers-Levels 8 & 9**

12:00 p.m. General stretch	1:00 p.m. 30 second touch-Competition begins
12:30 p.m. Warm-up first event	3:55 p.m. Awards
12:50 p.m. March In	