



Hosted by RGC Rebels

Meet Site: Kennedy Senior High School
9701 Nicollet Avenue South, Bloomington, MN

ADMISSION: Adults: \$15, Senior (65+): \$10, Child (6-17): \$5, 5 & Under: Free
CASH or VENMO

Modified Capital Cup Format (2 sets of equipment)
****Gyms with 12 or more will be split**

Saturday, November 11, 2023

SESSION 1: Xcel Bronze (89 gymnasts)

Midwest (22)**, Shooting Stars (18)**, RGC (15)**, Elite (15)**, Rising Stars (11), Jam Hops (8)

8:00am Open Stretch
8:15am Flight A Timed Warm-ups
8:30am March-in
10:30am Awards

SESSION 2: Xcel Silver (95 gymnasts)

Dynamics (38)**, Rising Stars (20)**, Midwest (16)**, Flex (11), Jets (10)

11:00am Open Stretch
11:15am Flight A Timed Warm-ups
11:30am March-In
1:30pm Awards

SESSION 3: Xcel Bronze, Xcel Silver & Level 5 (89 gymnasts)

Xcel Bronze: Jets (9), United (7), Flex (6), MAGS (2)

Xcel Silver: Elite (15)**, RGC (15)**, Shooting Stars (11), United (7), MAGS (4)

L5: Dynamics (8), RGC (4), MAGS (1)

2:15pm Open Stretch
2:30pm Flight A Timed Warm-ups
2:45pm March-In
5:00pm Awards

SESSION 4: Level 2, Level 3, Level 4 (94 gymnasts)

L2 RGC (5)

L3: Elite (6), JETS (11), MAGS (9), RGC (5), Rising Stars (8)

L4: Dynamics (7), Elite (4), JETS (12), MAGS (5), RGC (5), Rising Stars (16)**

5:30pm Open Stretch
5:45pm Flight A Timed Warm-ups
6:00pm March-In
8:30pm Awards

Concessions, Northwest T-Shirt Design, Gymnast Grams (\$5) available