



## Hosted by RGC Gymnastics

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

Admission: 0-5 FREE 6-17 & Seniors- \$5 Adults- \$10

Modified Traditional #2 Format (additional beam for warm-ups)

## Saturday November 9

### SESSION 1 Level 3 & 4 (61 gymnasts)

L3: Elite, Legacy, North Shore

L4: Elite, North Crest, Northfield

8:00 am Open Stretch

8:15 am 1<sup>st</sup> Event Warm-up

8:25 am March In

Awards to Follow

### SESSION 2 Level 4 (61 gymnasts)

L4: Dynamics, Legacy, North Shore, RGC, TAGS South

11:30 am Open Stretch

11:45 am 1<sup>st</sup> Event Warm-up

11:55 am March In

Awards to Follow

### SESSION 3 Xcel Bronze & Xcel Silver (63 gymnasts)

XB: Shooting Stars

XS: RGC, Rising Stars, Shooting Stars

3:00 pm Open Stretch

3:15 pm 1<sup>st</sup> Event Warm-up

3:30 pm March In

Awards to Follow

\*\*Squads of 12 or more, please plan for 2 coaches



# Sunday November 10

## SESSION 4 Xcel Platinum, Xcel Diamond, Level 5 (58 gymnasts)

XP: Duluth YMCA, RGC, Rising Stars, Shooting Stars

XD: Rising Stars

L5: Albert Lea, Dynamics, Elite, Granite City, North Crest, North Shore, Northfield, RGC, Shooting Stars, TAGS South

8:00 am Open Stretch

8:15 am 1<sup>st</sup> Event Warm-up

8:25 am March In

Awards to Follow

## SESSION 5 Level 2 & Xcel Gold (59 gymnasts)

L2: Albert Lea, RGC

XG: RGC, Rising Stars

11:30 am Open Stretch

11:45 am 1<sup>st</sup> Event Warm-up

11:55 am March In

Awards to Follow

## SESSION 6 Level 3 & Level 4 (63 gymnasts)

L3: Albert Lea, Granite City, Gym Bin, North Crest, Northern Dreams, Northwest, RGC

L4: Albert Lea, Granite City, Gym Bin, Northern Dreams, Northwest, Shooting Stars

3:30 pm Open Stretch

3:45 pm 1<sup>st</sup> Event Warm-up

3:55 pm March In

Awards to Follow

\*\*Squads of 12 or more, please plan for 2 coaches

