



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

**SATURDAY, FEB. 13, 2010**



**Session 1 – Level 4 Traditional Meet Format** (Teams will rotate together.) **(46 Gymnasts)**

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

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

**Session 2 - Level 5 Traditional Meet Format** (Teams will rotate together.) **(50 Gymnasts)**

Alexandria Lakes Area Recreation, Bemidji Aerials, Granite City Gymnastics, Minnesota Flyers, Richfield Gymnastics, Roseville Gymnastics, Spirit Gymnastics, Turner Hall 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.) **(37 Gymnasts)**

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

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.) **(55 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 <sup>st</sup> event	1:30 p.m. Awards

**Session 5 - Levels 7, 8, & 9, Modified-Traditional Meet Format** (Teams will rotate together with rotation cards.) **(47 Gymnasts)**

**Level 7:** Bemidji Aerials, Northern Flight Gymnastics, Richfield Gymnastics, Spirit 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

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

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