

Crowley's Gymnastics Center
39th Annual

Winter Challenge



Welcome to the 39th annual Winter Challenge Meet!
A big thank you goes out to all the teams who have entered!
We are looking forward to a fun filled weekend with great gymnastics!
See you in January!

When: January 22-24, 2010

Where: Concordia University
Gangelhoff Center
235 Hamline (corner of Hamline & Marshall)
St. Paul, MN 55104

Sanctioned: By USA Gymnastics

Format: Capitol Cup

Equipment: United Athletic International

Concessions: Food and beverages will be on sale at each session

Admissions: \$8.00 - Adults
\$5.00 - Children (10 & under)
\$5.00 - Seniors (60+)
\$3.00 - Programs

Meet Directors: Sharon Neuman
Becky Metz



Please Note: Compulsories have 15 minutes for stretch and bar settings.
Optionals have 20 minutes for stretch and bar settings.
All levels are capitol cup; only competition leotards are necessary.

Winter Challenge 2010

SESSION 1

Friday, January 22, 2010

Level 4 (87 Gymnasts)

Crowley's (21 - 2 coaches needed), Flyaways Gold (21 - 2 coaches needed), Gleason's Eagan (14 - 2 coaches needed), Gleason's M.G. (11), Jam Hops (11), TCT (9)



7:45 a.m.

Registration

8:00 a.m.

Stretch & Bar Settings

8:15 a.m.

Timed Warm-ups Flight A

8:25 a.m.

March-in Flights A & B

8:40 a.m.

Competition

Awards to follow

SESSION 2

Friday, January 22, 2010

Level 4 (86 Gymnasts)

Dynamics (11), Flips (16 2 coaches needed), Hudson (7), J.E.T.S. (8), MN Aerials (13 - 2 coaches needed), Northwest (6), Red River Valley (8), Richfield (6), Rising Stars (11)



10:50 a.m.

Registration

11:10 a.m.

Stretch & Bar Settings

11:25 a.m.

Timed Warm-ups Flight A

11:35 a.m.

March-in Flights A & B

11:50 a.m.

Competition

Awards to follow

SESSION 3

Friday, January 22, 2010

Level 5 (92 Gymnasts)

Crowley's (17 - 3 coaches needed), Flips (21 - 2 coaches needed), Granite City (10), Gymnastics Galaxy (14 - 2 coaches needed), J.E.T.S. (9), Northwest (10), Red River Valley (8), Rising Stars (3)



1:55 p.m.

Registration

2:15 p.m.

Stretch & Bar Settings

2:30 p.m.

Timed Warm-ups Flight A

2:45 p.m.

March-in Flights A & B

3:00 p.m.

Competition

Awards to follow



Winter Challenge 2010



SESSION 4

Friday, January 22, 2010

Level 5 & 6 (78 Gymnasts)

Crowley's (12 Level 6's), Elite (6 Level 5's), Flyaways Gold (14 Level 6's - 2 coaches needed), Gleason's Eagan (9 Level 5's), Granite City (5 Level 6's), Hudson (5 Level 5's & 6 Level 6's - 2 coaches needed), MN Valley (4 Level 5's), Northwest (3 Level 6's), Richfield (4 Level 5's), Roseville (10 Level 5's)



5:55 p.m.	Registration
6:15 p.m.	Stretch & Bar Settings
6:30 p.m.	Timed Warm-ups Flight A
6:50 p.m.	March-in Flights A & B
7:05 p.m.	Competition
	Awards to follow



SESSION 5

Saturday, January 23, 2010

Level 5 & 6 (93 Gymnasts)

American Gold (8 Level 6's), Dynamics (11 Level 5's), Elite (9 Level 6's), Flips (6 Level 6's), Flyaways Gold (9 Level 5's), Gleason's Eagan (7 Level 6's - 2 coaches needed), Hasting's (3 Level 5's & 3 Level 6's), KAATS (4 Level 5's), Lakes Area (5 Level 5's), Midwest (7 Level 5's), Northern Flight (12 Level 5's), Red River Valley (4 Level 6's), Twin Ports (5 Level 5's)

7:45 a.m.	Registration
8:00 a.m.	Stretch & Bar Settings
8:15 a.m.	Timed Warm-ups Flight A
8:30 a.m.	March-in Flights A & B
8:45 a.m.	Competition
	Awards to follow



SESSION 6

Saturday, January 23, 2010

Level 6 & 7 (70 Gymnasts)

All American (8 Level 7's), Dynamics (5 Level 6's), Elite (7 Level 7's), Gym Sport (5 Level 6's), Jam Hops (5 Level 7's), Lakes Area (2 Level 7's), Midwest (9 Level 6's), MN Valley (6 Level 6's), Northern Flight (2 Level 6's), Red River Valley (4 Level 7's), Richfield (2 Level 6's), Rising Stars (1 Level 6), Spirit (4 Level 7's), TAGS Eden Prairie (7 Level 7's), Twin Ports (3 Level 7's)

11:40 a.m.	Registration
12:00 p.m.	Stretch & Bar Settings
12:20 p.m.	Timed Warm-ups Flight A
12:40 p.m.	March-in Flights A & B
12:55 p.m.	Competition
	Awards to follow



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SESSION 7



Saturday, January 23, 2010

Level 7 (47 Gymnasts)

Bemidji (3), Flips (4), Granite City (3), Gym Sport (5), Hastings (6), J.E.T.S. (2), KAATS (6), Northern Flight (4), Northwest (6), Perpetual Motion (6), Premier (2)

3:35 p.m.

Registration

3:55 p.m.

Stretch & Bar Settings

4:15 p.m.

Timed Warm-ups Flight A

4:30 p.m.

March-in Flights A & B

4:45 p.m.

Competition

Awards to follow



SESSION 8

Saturday, January 23, 2010

Level 8 (50 Gymnasts)

Bemidji (3), Crowley's (3), Dynamics (9 - 2 coaches needed), Flips (2), Gleason's Eagan (7), Granite City (5), Gym Sport (3), J.E.T.S. (1), KAATS (3), Mini-Hops (4), Northern Flight (3), Red River Valley (3), Twin Ports (3), Valley Twisters (1)

6:20 p.m.

Registration

6:40 p.m.

Stretch & Bar Settings

7:00 p.m.

Timed Warm-ups Flight A

7:20 p.m.

March-in Flights A & B

7:35 p.m.

Competition

Awards to follow



SESSION 9

Sunday, January 24, 2010

Level 8 (57 Gymnasts)

All American (5), American Gold (3), Elite (1), Flyaways Gold (9 - 2 coaches needed), Grand Rapids (5), Midwest (7), MN Valley (2), Northwest (2), Perpetual Motion (5), Roseville (5), Spirit (1), TAGS Eden Prairie (2), TCT (10 - 2 coaches needed)

7:45 a.m.

Registration

8:00 a.m.

Stretch & Bar Settings

8:20 a.m.

Timed Warm-ups Flight A

8:40 a.m.

March-in Flights A & B

8:55 a.m.

Competition

Awards to follow





Winter Challenge 2010

SESSION 10

Sunday, January 24, 2010

Level 9 & 10 (57 Gymnasts)

All American (1 Level 10), American Gold (3 Level 9's), Bemidji (1 Level 9), Flips (5 Level 10's), Flyaways Gold (8 Level 9's), Gleason's Eagan (1 Level 10), Granite City (2 Level 9's), Gym Sport (4 Level 9's), Jam Hops (1 Level 9), J.E.T.S. (1 Level 9), KAATS (1 Level 9), Midwest (8 Level 10's), Mini-Hops (2 Level 9's), Perpetual Motion (2 Level 10's), Red River Valley (1 Level 10), Spirit (2 Level 9's), TAGS Eden Prairie (3 Level 9's & 2 Level 10's - 2 coaches needed), TCT (9 Level 10's - 2 coaches needed)



11:05 a.m.	Registration
11:25 a.m.	Stretch & Bar Settings
11:45 a.m.	Timed Warm-ups Flight A
12:05 p.m.	March-in Flights A & B
12:20 p.m.	Competition
	Awards to follow

SESSION 11

Sunday, January 24, 2010

Level 7 & 9 (59 Gymnasts)

All American (2 Level 9's), American Gold (3 Level 7's), Crowley's (14 Level 7's - 2 coaches needed), Flips (5 Level 9's), Gleason's Eagan (1 Level 9), Grand Rapids (12 Level 7's - 2 coaches needed), Midwest (1 Level 9), Mini-Hops (7 Level 7's), Perpetual Motion (2 Level 9's), Red River Valley (2 Level 9's), TCT (10 Level 9's - 2 coaches needed)



2:35 p.m.	Registration
2:55 p.m.	Stretch & Bar Settings
3:15 p.m.	Timed Warm-ups Flight A
3:35 p.m.	March-in Flights A & B
3:50 p.m.	Competition
	Awards to follow



SESSION 12

Sunday, January 24, 2010

Level 7 (57 Gymnasts)

Flyaways Gold (10 - 2 coaches needed), Gym-Nation (4), Midwest (12 - 2 coaches needed), MN Valley (9 - 2 coaches needed), Roseville (7), TAGS South (8), TCT (7)

6:05 p.m.	Registration
6:25 p.m.	Stretch & Bar Settings
6:45 p.m.	Timed Warm-ups Flight A
7:05 p.m.	March-in Flights A & B
7:20 p.m.	Competition
	Awards to follow

