

Hamline Holiday Spirit Invite

Modified Traditional Format

December 17th & 18th, 2011

Saturday December 17

Session 1

10:00-10:30	30 min	Check in
10:30-11:00	30 min	Stretch & bar settings
11:00-11:10	10 min	March In
11:10-2:15	3 hrs 5 mins	Competition
2:15-2:45	30 min	Awards

Optional Levels 7-10

Vault	Bars	Beam	Floor
Tags EP	Spirit	Tags EP	MN Aerials
	River City		Dynamics
	Granite City		

Session 2

1:45-2:15	30 min	Check in
2:15-2:45	30 min	Stretch & bar settings
2:45-2:55	10 min	March In
2:55-5:45	3 hrs 5 mins	Competition
5:45-6:15	30 min	Awards

Optional Levels 7-10

Vault	Bars	Beam	Floor
MN Flyers	Bemidji	Gleason's	Northwest
	Spirit	Northern	
		Flight	

Sunday December 18

Xcel

Session 3

8:00-8:30	30 min	Check in
8:30-8:50	20 min	Stretch & bar settings
8:50-9:00	10 min	March In
9:00-12:30	3 hrs 30 mins	Competition
12:30-1:00	30 min	Awards

Vault	Bars	Beam	Floor
Classic	KAATS	Classic	KAATS
	Spirit	MHG	Spirit

Xcel

Session 4

12:00-12:30	30 min	Check in
12:30-12:50	20 min	Stretch & bar settings
12:50-1:00	10 min	March In
1:00-4:45	3 hrs 45 mins	Competition
4:45-5:15	30 min	Awards

Vault	Bars	Beam	Floor
Grand Rapids	PM	MN Aerial	Elite
Northwest	New Ulm		