



HOLIDAY SPIRIT INVITE 2014
SATURDAY, DECEMBER 20, 2014
MODIFIED CAPITOL CUP
LEVELS 6-10

OPEN STRETCH WILL BE UPSTAIRS IN THE SPIRIT GYM
FOR SESSIONS 2,3,4

Session 1

8:30-9:00	Check in		30 mins
9:00-9:30	Stretch & Bar settings		30 mins
9:30-9:40	March In		10 mins
9:40-11:40	Competition		2 hrs
11:40-12:10	Awards	(Hutton Arena)	30 mins

Level 6

MN Aerials, North Shore
Spirit, Gleason's Eagan,
Grand Rapids, Granite City
Hudson, Lakes Area

48 gymnasts

Session 2

10:50-11:20	Check in		30 mins
11:20-11:50	Stretch & Bar settings	(Spirit Gym)	30 mins
11:50-12:00	March in		10 mins
12:00-1:30	Competition		1 hrs 30 mins
1:30-2:00	Awards	(Hutton Arena)	30 mins

Level 7

Grand Rapids, Granite City, Richfield
MN Aerials, MN Valley, Gym Nation,
Spirit, North Shore, Gleason's Eagan
Northern TwiStars, Dakota, Bemidji

40 gymnasts

Session 3

12:40-1:10	Check in		30 mins
1:10-1:40	Stretch & Bar settings	(Spirit Gym)	30 mins
1:40-1:50	March in		10 mins
1:50-4:10	Competition		2 hrs 20 mins
4:10-4:40	Awards	(Hutton Arena)	30 mins

Level 8

Gym Nation, North Shore
Gleason's Eagan, Granite City
MN Valley, Northern TwiStars,
Spirit, Grand Rapids, MN Aerials,
KAATS, TAGS EP

47 Gymnasts

Session 4

3:20-3:50	Check in		30 mins
3:50-4:20	Stretch & Bar settings	(Spirit Gym)	30 mins
4:20-4:30	March in		10 mins
4:30-6:00	Competition		1 hrs 30 mins
6:00-6:20	Awards		20 mins

Level 9-10

Gym Nation, North Shore
Gleason's Eagan,
TAGS EP, Spirit, KAATS
Grand Rapids, MN Aerials,
Granite City, Bemidji

32 Gymnasts