



HOLIDAY SPIRIT INVITE 2014
SUNDAY, DECEMBER 21, 2014

MODIFIED CAPITOL CUP FOR SESSIONS 5,6,7
MODIFIED TRADITIONAL FORMAT FOR SESSION 8
OPEN STRETCH WILL BE UPSTAIRS IN THE SPIRIT GYM
FOR SESSIONS 6,7,8

Session 5

7:30-8:00	Check in	30 mins
8:00-8:15	Stretch & Bar settings	15 mins
8:15-8:25	March In	10 mins
8:25-10:15	Competition	1 Hr 50 mins
10:15-10:45	Awards	30 mins

(Hutton Arena) **76 Gymnasts**

Bronze

Elite, Flyaways, Perpetual Motion Blaine,
Jets, Gleason's MG
MN Aerials, Spirit

Session 6

9:45-10:15	Check in	30 mins
10:15-10:30	Stretch & Bar settings	15 mins
10:30-10:45	March in	15 mins
10:45-12:55	Competition	2 hrs 10 mins
12:55-1:25	Awards	30 mins

(Spirit Gym)

(Hutton Arena)

Silver

Jets, Flips, Spirit,
MN Aerials
Gleason's MG, NFG,
Elite, Flyaways
Grand Rapids
90 gymnasts

Session 7

12:15-12:45	Check in	30 mins
12:45-1:15	Stretch & Bar Settings	30 mins
1:15-1:30	March in	15 mins
1:30-5:10	Competition	3 hours 40 mins
5:10-5:40	Awards	30 mins

(Hutton Arena)

Gold

Jets, Flyaways, Flipa
Elite, Grand Rapids, Spirit,
Big Lake, MN Valley, NFG
Gleason's MG
MN Aerials

Session 8

Modified Traditional

4:25-4:55	Check in	30 mins
4:55-5:25	Stretch & Bar settings	30 mins
5:25-5:35	March in	10 mins
5:35-8:00	Competition	2 hrs 25 mins
8:00-8:20	Awards	20 mins

(Spirit Gym)

Platinum, Diamond

Elite, Gleason's MG,
Flips, Flaways, JETS,
Grand Rapids, Spirit
MN Aerials

34 Gymnasts