



**2014 LEVEL 3 STATE CHAMPIONSHIP
SUNDAY, DECEMBER 14, 2014**

MODIFIED CAPITOL CUP

Session 1

8:00-8:30	Check in		30 mins
8:30-8:45	Stretch & Bar settings		15 mins
8:45-9:00	March In		15 mins
9:00-11:35	Competition		2 hrs 35 mins
11:35-11:55	Awards	(Hutton Arena)	30 mins

94 Gymnasts

**Classic 18, Spirit 6, Crowley's 14,
Gym Nation 13, Flyaways 10,
Midwest 18, North Shore 13
Northcrest 2**

Session 2

11:15-11:45	Check in		30 mins
11:45-12:00	Stretch & Bar settings		15 mins
12:00-12:15	March in		15 mins
12:15-2:55	Competition		2 hrs 40 mins
2:55-3:20	Awards	(Hutton Arena)	30 mins

96 Gymnasts

**IGM 13, Mini-Hops 16,
Lakes Area 10, JETS 4,
Granite City 11, TGA 7,
Grand Rapids 6, Jam Hops 9,
Northern TwiStars 4, Bemidji 7
Northwest 6, MN Valley 3**

Session 3

2:40-3:10	Check in		30 mins
3:10-3:25	Stretch & Bar settings		15 mins
3:25-3:40	March in		15 mins
3:40-6:20	Competition		2 hrs 40 mins
6:20-7:10	Awards		30 mins

99 Gymnasts

**Rising Stars 13, TCT 16
Gleason's MG 12, Elite 25,
Gleason's Eagan 4,
Dynamics 6, MN Aerials 9
Laketown 14**