



LEVEL 4-5 STATE CHAMPIONSHIPS
FRIDAY & SATURDAY, DECEMBER 12-13, 2014
MODIFIED CAPITOL CUP
OPEN STRETCH WILL BE UPSTAIRS IN THE SPIRIT GYM
FOR SESSIONS 2,3,5,6,7

Session	Day	Age Group	Location	Duration	Participants
Session 1	Friday	12 yr, 13+			Level 5 - 53 Gymnasts
11:00-11:30	Check in			30 mins	Roseville 5, Northern TwiStars 1, Bemidji 1, Classic 6
11:30-12:00	Stretch & Bar settings			30 mins	TCT 5, Spirit 1, Granite City 1, Gleason's MG 1, IGM 3,
12:00-12:15	March In			15 mins	Rising Stars 4, Mini-Hops 1, Northwest 1, Crowley's 2,
12:15-2:15	Competition			2 hrs	TAGS EP 1, Legacy 3, Dynamics 5, Lakes Area 2
2:15-2:45	Awards	(Hutton Arena)		30 mins	Richfield 3, JETS 1, Grand Rapids 2, Great Northern 4
Session 2	Friday	8-9 yr, 10 yr			Level 5 -93 Gymnasts
1:30-2:00	Check in			30 mins	Granite City 7, Dynamics 2, Richfield 1, Spirit 1, TCT 5,
2:00-2:30	Stretch & Bar settings	(Spirit Gym)		30 mins	Elite 3, TAGS EP 7, JETS 2, Grand Rapids 2, Northwest 1
2:30-2:45	March in			15 mins	Gym Nation 3, Great Northern 1, Mini-Hops 6, Northcrest 2
2:45-6:10	Competition			3 hrs 25 mins	TAGS So 11, Roseville 2, Crowley's 2, Rising Stars 5,
6:10-6:40	Awards	(Hutton Arena)		30 mins	Legacy 4, Northern TwiStars 1, TGA 2, Lakes Area 1,
Session 3	Friday	11 yr			Level 5 -78 Gymnasts (2 Award Divisions)
5:20-5:50	Check in			30 mins	Bemidji 1, Northwest 8, Rising Stars 7, Dynamics 9,
5:50-6:20	Stretch & Bar settings	(Spirit Gym)		30 mins	Lakes Area 2, TGA 1, TAGS So 1, TAGS EP 2,
6:20-6:35	March in			15 mins	Gym Nation 5, Granite City 6, Crowley's 2, Northcrest 1
6:35-9:25	Competition			2 hrs 50 mins	Mini-Hops 1, Roseville 6, Elite 2, IGM 1, TCT 6,
9:25-9:55	Awards			30 mins	Great Northern 1, Northern TwiStars 2, JETS 4,
Session 4	Saturday	9 yr			Level 4 - 87 Gymnasts (2 Award Divisions)
7:30-8:00	Check in			30 mins	Rising Stars 5, IGM 2, MN Valley 2, Flyaways 7, MN Aerials 2
8:00-8:30	Stretch & Bar settings			30 mins	Mini-Hops 2, Richfield 1, Legacy 5, TAGS EP 2, Northcrest 1
8:30-8:45	March in			15 mins	Midwest 2, Granite City 5, Grand Rapids 2, Crowley's 2,
8:45-11:40	Competition			2 hrs 55 mins	Elite 5, Dynamics 3, TAGS So 1, North Shore 5, TCT 2,
11:40-12:10	Awards	(Hutton Arena)		30 mins	Great Northern 2, GymNation 3, Flips 4, Spirit 3,
Session 5	Saturday	10 yr			Level 4 -85 Gymnasts (2 Award Divisions)
10:55-11:25	Check in			30 mins	Dynamics 6, Lakes Area 2, TGA 1, Gym Nation 1, Flips 3
11:25-11:55	Stretch & Bar settings	(Spirit Gym)		30 mins	Elite 6, Legacy 2, Midwest 1, Flyaways 1, Jam Hops 5,
11:55-12:10	March in			15 mins	TAGS So 3, Perpetual 2, TCT 7, MN Valley 1, Spirit 2, IGM 3,
12:10-3:20	Competition			3 hrs 10 min	Crowley's 3, Northwest 2, North Shore 2, Grand Rapids 3
3:20-3:50	Awards	(Hutton Arena)		30 mins	Bemidji 2, Gleason's MG 3, Richfield 1, Northcrest 1
Session 6	Saturday	7-8 yr, 12+			Level 4 -75 Gymnasts
2:30-3:00	Check in			30 mins	TAGS EP 5, Richfield 2, Legacy 2, JETS 5, Bemidji 3,
3:00-3:30	Stretch & Bar settings	(Spirit Gym)		30 mins	MN Valley 1, Rising Stars 8, Mini-Hops 1, Midwest 1,
3:30-3:45	March in			15 mins	TCT 5, Great Northern 1, Flips 3, Elite 5, Perpetual 1,
3:45-6:25	Competition			2 hrs 40 mins	TAGS So 4, Lakes Area 5, Flyaways 4,
6:25-6:55	Awards	(Hutton Arena)		30 mins	Granite City 2, TGA 1, Spirit 1, Roseville 3, Crowley's 4,
Session 7	Saturday	11 yr			Level 4- 49 Gymnasts
5:35-6:05	Check in			30 mins	North Shore 5, Elite 5, Roseville 3, Flips 1, Granite City 1,
6:05-6:35	Stretch & Bar settings	(Spirit Gym)		30 mins	MN Valley 3, Perpetual 1, Jam Hops 1, Richfield 1
6:35-6:50	March in			15 mins	Crowley's 4, Dynamics 1, TAGS So 1, Legacy 3, Spirit 2,
6:50-8:40	Competition			1 hrs 50 mins	Flyaways 2, Lakes Area 2, Gym Nation 3, MN Aerials 1
8:40-9:10	Awards			30 mins	Northern Twistars 1, IGM 1, TCT 3, Classic 4