

Holiday Spirit Invite 2024

Saturday 12/7/2024

Walker Fieldhouse; Hamline University

1550 Taylor Ave S; St Paul MN 55104

(lower level gymnasium)

on campus parking free and open to the public

Session #1: GOLD

MODIFIED NON-TRADITIONAL (Mod Capital Cup)

78 gymnasts (40 flight A + 38 flight B)

Bemidji (12); Classic Chan (18); KAATS (9)

NBGC (12); RSGA (19); spiritGYM (5); SSG (3)

Open Stretch	8:00am-8:20am	20 minutes
Intros	8:20am-8:30am	10 minutes
WarmUp/Competition	8:30am-11:00am	2hr 30min
Awards	11:00am-11:30am	30 minutes

Session #2: Platinum, Diamond, L5, L6

MODIFIED NON-TRADITIONAL (Mod Capital Cup)

62 gymnasts (32 flight A + 29 flight B)

Platinum (32)	Bemidji (4); KAATS (13); NBGC (2); RSGA (7); spiritGYM (3); SSG (3)
Diamond (8)	Bemidji (1); RSGA (6); spiritGYM (1)
L5 (2)	M&S (2)
L6 (19)	Deutsch's (5); KAATS (4); Midwest (5); NBGC (5)

Open Stretch	11:15am-11:45am	30 minutes
Intros	11:45am-11:55am	10 minutes
WarmUp/Competition	11:55am-2:40pm	2hr 45min
Awards	2:40pm-3:10pm	30 minutes

Session #3: L7, L8, L9, L10

MODIFIED NON-TRADITIONAL (Mod Capital Cup)

62 gymnasts (29 flight A + 33 flight B)

L7 (28)	GRGA (5); KAATS (8); Midwest (9); NBGC (5); spiritGYM (1)
L8 (15)	GRGA (2); KAATS (4); Midwest (5); NBGC (4)
L9 (14)	Deutsch's (1); GRGA (2); KAATS (4); Midwest (6); NBGC (1)
L10 (5)	GRGA (1); Midwest (4)

Open Stretch	3:00pm-3:30pm	30 minutes
Intros	3:30pm-3:40pm	10 minutes
WarmUp/Competition	3:40m-6:40pm	3hr 0min
Awards	6:40pm-7:10pm	30 minutes