

# 2017 Ironman Invitational

## -Final Schedule-

Mounds View Community Center, 5394 Edgewood Drive, Mounds View, MN 55112

Final Schedule: Date: **12/15/2016**

\*\* Due to the space issues for viewing, we split the level 5's by teams.

\*\* Please look at the gyms competing in the level 5 sessions 3 & 5.

### **Saturday, January 7<sup>th</sup>**

#### **Session 1** *Modified Capital Cup Format*

	Level 4 (71 Gymnasts)
8:00am-8:20am	Open Stretch
8:20am-8:33am	1 <sup>st</sup> Event Warm-up (13 minute rotations)
8:33am-8:45am	Team Introduction
8:45am-11:30am	Competition
11:30am-12:10pm	Awards

#### **Session 2** *Modified Capital Cup Format*

	Level 6-7 (77 Gymnasts)
12:30pm-12:50pm	Open Stretch
12:50pm-1:06pm	1 <sup>st</sup> Event Warm-up (16 minute rotations)
1:06pm-1:15pm	Team Introduction
1:15pm-4:20pm	Competition
4:20pm-5:00pm	Awards

### **Sunday, January 8<sup>th</sup>**

#### **Session 3** *Modified Capital Cup Format* *Teams Competing*

	Level 5 (51 Gymnasts)	Squad A: MHG
8:00am-8:20am	Open Stretch	Squad B: MWG
8:20am-8:32am	1 <sup>st</sup> Event Warm-up (12 minute rotations)	Squad C: GMG/RRVG
8:32am-8:45am	Team Introduction	Squad D: NSGA
8:45am-11:15am	Competition	Squad E: MVG/EGA
11:15am-12:00pm	Awards	Squad F: TNT/NFG/NCG

#### **Session 4** *Modified Capital Cup Format*

	Level 8-10 (56 Gymnasts)
12:20pm-12:40pm	Open Stretch
12:40pm-12:55pm	1 <sup>st</sup> Event Warm-up (15 minute rotations)
12:55pm-1:05pm	Team Introduction
1:05pm-4:20pm	Competition
4:20pm-5:00pm	Awards

#### **Session 5** *Modified Capital Cup Format* *Teams Competing*

	Level 5 (37 Gymnasts)	Squad A: TAGS/TCT
5:20pm-5:40pm	Open Stretch	Squad B: IGM/KGC
5:40pm-5:48pm	1 <sup>st</sup> Event Warm-up (8 minute rotations)	Squad C: JETS
5:48pm-6:00pm	Team Introduction	Squad D: GGSE/JHG
6:00pm-7:45pm	Competition	Squad E: CGS
7:45pm-8:20pm	Awards	Squad F: GNG