



MIGS Program
 4930 Lyndale Avenue South
 Minneapolis, MN 55419
 612-270-9507

**2019 MIGS PROGRAM
 MEN'S JUNIOR NATIONAL INVITATIONAL &
 OPEN TEAM CUP**

**March 1-3, 2019
 Field House
 University of Iowa
 Iowa City, IA**

MIGSP PROGRAM MISSION:

To preserve, protect, enhance and expand collegiate gymnastic opportunities for current and future generations of gymnasts.

Schedule of Events

(Final Schedule of Events)

Location:

Field House, University of Iowa

SATURDAY, March 2, 2019

SESSION B: Level 7, 8 & JD

Modified Capital Cup

Doors Open	8:00 a.m.
Stretch	8:00-8:20 p.m.
March in	8:20
1 st event warm-up	8:30 a.m.
Awards	Following Competition

SESSION C: Level 4

Modified Capital Cup

Doors Open	1:00 p.m.
Stretch	1:00-1:20 p.m.
March in	1:20
1 st event warm-up	1:30 p.m.
Awards	Following Competition

SESSION D: Team Cup Finals

(In conjunction with the University of Iowa vs University of Nebraska at U of Iowa Field House)

Traditional Format

Doors Open	5:00 p.m.
Stretch	5:00 p.m.
Controlled Warm-up	5:20 p.m.
March	6:50 p.m.
Competition	7:00 p.m.
Awards	Following Competition

SUNDAY, March 3, 2019

SESSION E Level 5

Modified Capital Cup

Doors Open	9:00 a.m.
Stretch	9:00-9:20 a.m.
March in	9:20 a.m.
1 st event warm-up	9:30 a.m.
Awards	Following Competition

SESSION F Level 6

Modified Capital Cup

Doors Open	Noon
Stretch	Noon - 12:20 p.m.
March-in	12:20 p.m.
1 st event warm-up	12:30 p.m.
Awards	Following Competition