

2019 MN State Meet : XCEL Bronze and Silver Teams, March 30-31, 2019

- Location:** Gangelhoff Center, Concordia University
235 Hamline Ave. N. St. Paul, MN 55104
- Parking:** Free in adjacent lots (look for MN State Meet signs or park on street)
do not leave bags or valuables in your vehicle
- Admission:** **CASH ONLY**
Adults: \$15 Weekend pass: \$35
Children 5-18 and seniors: \$10 Weekend pass: \$25
Children 4 and under: free
- Arrive:** Please try to have your gymnast check in 15-30 minutes prior to the start of warm up. We would rather be early with extra time to prepare than rushed and unfocused for the competition.

All gymnasts check in with their coaches on the floor.
Please bring your gymnast into the venue and connect her with her coach/team.

- Wear:** Competition leotard under warm-ups (pants and jacket)
Competition hair (completely pulled back and secured out of face with clips/hairspray)
*Any style (braids, bun, ponytail, etc.) is fine!
Nude color undergarments (if your gymnast wears these)
- DON'T Wear:** Nail polish, make-up, temporary tattoos or jewelry (deductions can be taken!).
- Bring:** IGM team backpack or bag (to hold shoes, grips, warm-ups, etc.)
GRIPS! (Remember to grab them from the gym!!)
Water bottle
Healthy, nut-free snack
Your gymnast's USAG membership card (in case!)

Sportsline Photography Reservations:

<https://www.sportslinephotography.com/Pages/Gymnastics/Event-Specific-Reservation-Options/Xcel-Silver-and-Bronze-MN-State-Meet-2019>

XCEL Bronze-Silver Schedule:

Saturday, March 30:

Session 1: Bronze

Callie, Olivia, Savannah, Reese, Natalie

Check-in: 7:30-8:00am
Open stretch: 8:00-8:20am
Awards: 10:35am

Session 2: Bronze

Annika, Kendall, Madeline, Madison, Abby

Check-in: 10:30-11:00am
Open stretch: 11:00-11:20am
Awards: 1:35pm

Session 3: Bronze

Kyla

Check-in: 1:30-2:00pm
Open stretch: 2:00-2:20pm
Awards: 4:35pm

Session 4: Silver

Isabelle

Check-in: 4:40-5:10pm
Open stretch: 5:10-5:30pm
Awards: 8:15pm

Sunday, March 31:

Session 5: Silver

Sophia, Evalyn, Madi, Amber, Emily

Check-in: 7:30-8:00am
Open stretch: 8:00-8:20am
Awards: 11:05am

Session 6: Silver – no IGM gymnasts

Session 7: Silver

Alyssa, Emma, Sarah, Laura, Sophie

Check-in: 2:20-2:50pm
Open stretch: 2:50-3:10pm
Awards: 5:55pm

Session 8: Silver

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Check-in: 5:45-6:15pm
Open stretch: 6:15-6:35pm
Awards: 9:20pm