

2019 Twisted Moose Meet : JO and XCEL Teams, February 23-24, 2019

Location: **Colin Powell Center** 2924 4th Ave. S. Minneapolis, MN 55408

Parking: Free in Wells Fargo parking ramp (5-minute walk north of the center on 4th Ave.)

Admission: **information not yet released**

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!)

Saturday, February 23, 2019

Session 1 LEVEL 7

Check-in: 7:30-8:00am
Open stretch: 8:00am
March-in: 8:20am
Flight A Warm-up: 8:30am
Competition: 8:45am Awards to follow

Session 1X XCEL SILVER

Check-in: 7:30-8:00am
Open stretch: 8:00am
March-in: 8:20am
Flight A Warm-up: 8:30am
Competition: 8:40am Awards to follow

Session 2X XCEL GOLD

Check-in: 11:00-11:30am
Open stretch: 11:30am
March-in: 11:45am
Flight A Warm-up: 11:55am
Competition: 12:10pm Awards to follow

Saturday, February 23, continued:

Check-in: 11:30-12:00pm
Open stretch: 12:00pm
March-in: 12:20pm
Flight A Warm-up: 12:30pm
Competition: 12:45pm

Session 2 LEVEL 8

Awards to follow

Check-in: 3:15-3:45pm
Open stretch: 3:45pm
March-in: 4:00pm
Flight A Warm-up: 4:10pm
Competition: 4:25pm

Session 3X XCEL PLATINUM

Awards to follow

Check-in: 3:30-4:00pm
Open stretch: 4:00pm
March-in: 4:20pm
Flight A Warm-up: 4:30pm
Competition: 4:45pm

Session 3 LEVEL 10

Awards to follow

Check-in: 6:00-6:30pm
Open stretch: 6:30pm
March-in: 6:50pm
Flight A Warm-up: 7:00pm
Competition: 7:15pm

Session 4 LEVEL 9

Awards to follow

Check-in: 6:30-7:00pm
Open stretch: 7:00pm
March-in: 7:15pm
Flight A Warm-up: 7:25pm
Competition: 7:40pm

Session 4X XCEL DIAMOND

Awards to follow

Sunday, February 24, 2019:

Check-in: 10:45-11:15am
Open stretch: 11:15am
March-in: 11:30am
Flight A Warm-up: 11:40am
Competition: 11:55am

Session 6X XCEL BRONZE

Awards to follow