

2019 Ski-U-Mah Men's Competition Schedule

Meet Site: University of MN Sports Pavilion

Event Date: Friday, Feb. 8th - Saturday, Feb. 9th

Admission:

- Spectator Admission is FREE

Tentative Schedule

Friday (Feb 8):

Session 1: Level 6

5:00 pm	Open Stretch
5:20 pm	Warm up-(10 min)
6:20 pm	Team Introduction
6:30 pm	Competition
8:15 pm	Awards

Saturday (Feb 9):

Session 2: Level 4 and Level 5

8:00 am	Open Stretch
8:20 am	Warm up (12 min)
9:32 am	Team Introduction
9:45 am	Competition
11:30 am	Awards

College meet 12:30-4:30

Session 3: Level 7,8,9,10, JD

5:00 pm	Open Stretch
5:20 pm	Team Introduction
5:30 pm	Competition (warm up 12 min)
8:30 pm	Awards



*Parents please try to have your gymnasts arrive 15 minutes prior to open stretch. We would rather be early with extra time to prepare than rushed and unfocused for competition.

*Have gymnasts dressed in their competition uniform under their warm ups. Make sure you have a pair of black socks.

*You may pack a healthy snack for your son. Your child will not be able to eat any sugary snack during the competition. Do not pack anything with nuts. You may also pack a water bottle.