



**Saturday & Sunday  
October 14-15, 2023**

**Hosted by Midwest Gymnastics Booster Club**

**Event Location:** White Bear Lake Area High School - South Campus  
3551 McKnight Rd N  
White Bear Lake, MN 55110

**Admissions:** \$20 Adults  
\$15 Senior/ Youth / Military ( ages 6-17 and 62+ )  
FREE 5 and under  
Cash or credit card ( \$1 processing fee for credit card )

**Meet Specifications:** Competition Format is Modified Traditional  
Equipment is AAI  
Athlete Cards - coaches choose competition order

\*\* indicates team is split in 2 groups

### **Saturday, October 14th**

#### **Session 1: Xcel Bronze**

8:00 am Open Stretch  
8:20 am Timed Warm Ups w/ Line - Up & Announcements following

**Teams:** DFG XB ( 21 )\*\*                      Flex XB ( 6 )  
Midwest XB ( 22 ) \*\*                      Spirit XB ( 6 )  
TPG XB ( 10 )

#### **Session 2: Xcel Bronze & Silver**

10:45 am Open Stretch  
11:05 Timed Warm Ups w/ Line - Up & Announcements following

**Teams:** Granite City XB ( 9 )                      JETS XB ( 10 )  
Laketown XB ( 8 )                      Midwest XS ( 19 ) \*\*  
No Boundaries XB ( 16 )                      Spirit XS ( 7 )

#### **Session 3: Xcel Silver**

2:15 pm Open Stretch  
2:35 pm Timed Warm Ups w/ Line-Up & Announcements following

**Teams:** Dynamics XS ( 37 ) \*\*                      Flex XS ( 11 )  
Granite City XS ( 15 ) \*\*                      Laketown XS ( 9 )

#### Session 4: Xcel Silver

5:45 pm Open Stretch

6:05 pm Timed Warm Ups w/ Line-Up & Announcements following

**Teams:** DFG XS ( 11)

No Boundaries XS ( 17 )

JETS XS ( 10 )

Revolution XS ( 22 ) \*\*

#### Sunday, October 15th

#### Session 5: DP Level 3

9:00 am Open Stretch

9:20 am Line-Up & Announcements

9:25 am Timed Warm Ups

**Teams:** Granite City DP 3 ( 12 )

Laketown DP 3 ( 8 )

No Boundaries DP 3 ( 5 )

JETS DP 3 ( 11 )

Midwest Team A DP 3 ( 16 )

TPG DP 3 ( 8 )

#### Session 6: DP Level 3 & 4

12:15 pm Open Stretch

12:35 pm Line-Up & Announcements

12:40 pm Timed Warm Ups

**Teams:** Dynamics DP 4 ( 7 )

JETS DP 4 ( 12 )

TPG DP 4 ( 9 )

Granite City DP 4 ( 13 )

Midwest Team B DP 3 ( 14 )

#### Session 7: DP Level 4 & 5

3:45 pm Open Stretch

4:05 pm Line-Up & Announcements

4:10 pm Timed Warm Ups

**Teams:** Dynamics DP 5 ( 7 )

Laketown DP 4 ( 9 )

Midwest DP 5 ( 6 )

TPG DP 5 ( 2 )

Granite City DP 5 ( 9 )

Midwest DP 4 ( 19 ) \*\*

No Boundaries DP 4 ( 8 )

Awards will be held after each session.  
Live Scoring provided by [ScoreYourMeet.com](https://www.ScoreYourMeet.com)