



Saturday
September 30, 2023

Hosted by Midwest Gymnastics Booster Club

Event Location: North St. Paul High School
2416 E 11th Ave
Saint Paul, MN 55109

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 Capital Cup
Equipment is AAI supplied by NSGEL
Bump Rotation - Floor Warm Ups between routines

** indicates team is split in 2 groups

*** indicates team is split in 3 groups

Session 1: DP Level 3

8:00 am Open Stretch
8:20 am Line Up & Team Announcements

Teams: Classic DP 3 (25) ** Roseville DP 3 (10)
Midwest Team A - DP 3 (16) ** Flyaways DP 3 (14) **

Session 2: Xcel Silver & DP Level 3

11:15 am Open Stretch
11:35 am Line Up & Team Announcements

Teams: Duluth YMCA XS (11) Midwest Team B - DP 3 (15) **
Midwest XS (19) **

Session 3: Xcel Bronze & DP Level 5

2:20 pm Open Stretch
2:40 pm Line Up & Team Announcements

Teams: Duluth YMCA XB (10) Classic DP 5 (13) **
Jungle XB (7) Flyaways DP 5 (7)
Midwest XB (22) ** Midwest DP 5 (6)

Session 4: DP Level 4

5:30 pm Open Stretch

5:50 Line Up & Team Announcements

Teams: Classic DP 4 (18) **
Flyaways DP 4 (15) **

Midwest DP 4 (19) **
Roseville DP 4 (9)

Some split groups are probably small enough to combine in to one group. In the interest of keeping things moving, groups have been arranged to move quicker. But we are open to adjusting to fit a team's needs.

Awards will be held after each session.
Live Scoring provided by ScoreYourMeet.com