



5555 Pioneer Creek Drive
Orono, MN 55359

Phone: 763-479-3189
Fax: 763-479-3231

www.northshoregym.org

1st USA Gymnastics Qualifier Level 5-6

DATE: October 1-2, 2011

Coaches remember to bring your USA Gymnastics professional member card with you to the meet. It will be needed at check in.

Host: North Shore Gymnastics Association
5555 Pioneer Creek Drive
Orono, MN 55359 763-479-3189

Directions:

From the east: West on 394/Hwy 12 past Wayzata. Take the express way/bypass past Long Lake). The next town you come to is Maple Plain about 4 miles. Continue through the town to the west end. At the stoplight (83/Halgren Rd) take a right. Go to the T in the road and turn right on Pioneer Creek Drive. Our building is the 1st one on the right. Enter the parking lot from the east end of the building and the entrance to the building is the side door on the east end of the building. There is more parking available behind the building.

From the northwest: 94 East to Highway 25 south (through Buffalo). Turn East on highway 12 towards the town of Delano. Five miles outside of Delano take a left at stop light (83/Halgren) in Maple Plain. Follow directions above.

****Ages based on age at State Meet****

Saturday, October 1, 2011

****We have classes in the morning, please do not arrive before 12:45pm. The doors will not be open.**

Session 1: Level 5-(58 gymnasts)

Twistars (4), KAATS (4), Gleason's Eagan (6), Hastings (7), Lakes Area (8), Granite City (9), North Crest (4), Midwest (12), Rum River (2), Spirit (2)

12:45	Doors Open
1:00	Stretch & Bar Settings
1:30	March In
1:40	1 st Event Warm Up
1:55	Competition
4:25	Awards

Session 2: Level 6-(62 gymnasts)

Hastings (4), North Crest (4), Rum River (7), Granite City (5), Gleason's Eagan (6), Spirit (3), Lakes Area (2), Roseville (8), Gym Nation (8), North Shore (12), KAATS (3)

5:00	Stretch & Bars Settings
5:30	March In
5:40	1 st Event Warm Ups
5:55	Competition
8:25	Awards

Sunday, October 2, 2011

Session 3: Level 5-(58 gymnasts)

Mini Hops (8), TCT (8), Legacy (10), IGM (4), Elite (15), Classic (13)

8:15	Doors Open
8:30	Stretch & Bar Settings
9:00	March In
9:10	1 st Event Warm Up
9:25	Competition
11:55	Awards

Session 4: Level 6-(56 gymnasts)

Mini Hops (5), Elite (9), Legacy (7), TCT (7), Classic (16), Crowley's (10), IGM (2)

12:45	Stretch & Bar Settings
1:15	March In
1:25	1 st Event Warm Up
1:40	Competition
4:20	Awards

Session 5: Level 5-(49 gymnasts)

North Shore (10), Crowley's (15), Gym Nation (13), Roseville (11)

5:00	Stretch & Bar Settings
5:30	March In
5:40	1 st Event Warm Up
5:55	Competition
8:25	Awards