

2009 MIGS Program/CGA Men's National Invitational March 7 & 8, 2009

Schedule of Events

SATURDAY, March 7, 2009

SESSION A: Level 6

Doors Open	8:00 a.m.
Stretch	8:00 – 8:30 a.m.
Controlled Warm-up	8:30-9:20 a.m.
March in	9:20 a.m.
Competition	9:30 a.m.
Awards	Following competition

SESSION B: Levels 7, 8, 9 & 10

Stretch	Noon
Warm-up	12:30 p.m.
March-in	1:50 p.m.
Competition	2:00 p.m.
Awards	Following competition

U Minnesota vs Oklahoma & Stanford at 7:00 p.m.

SUNDAY, March 8, 2009

SESSION C: Levels 5

Doors Open	8:00 a.m.
Stretch	8:00 – 8:20 a.m.
Controlled Warm-up	8:20-9:20 a.m.
March in	9:20 a.m.
Competition	9:30 a.m.
Awards	Following competition

SESSION D Levels 4

Stretch	Noon
Warm-up	12:20 p.m.
March-in	1:20 p.m.
Competition	1:30 p.m.
Awards	Following competition

MEET DIRECTOR: Bob Wuornos (612) 270-9507

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REGISTRATION FORM

TEAM _____ Phone _____ E-mail _____
 Address _____ FAX _____
 City _____ State _____ Zip _____

Coach _____ USAG# _____ Safety Cert (Exp.) _____ T-shirt Size _____
 Coach _____ USAG# _____ Safety Cert (Exp.) _____ T-shirt Size _____
 Coach _____ USAG# _____ Safety Cert (Exp.) _____ T-shirt Size _____

Please enter names in order from Level 4 through Level 10

Gymnast's Name	USAG #	Birthday	Level	USAG Age	T-shirt Size
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

**ENTRY FEES:
INDIVIDUAL ENTRIES**

_____ # of Level 5 – 10 (x \$65) = _____
 _____ # of Level 4 (x \$50) = _____

TOTAL = _____

TEAM ENTRIES (x \$60)

_____ Level 10
 _____ Level 9
 _____ Level 8
 _____ Level 7
 _____ Level 6
 _____ Level 5
 _____ Level 4
 _____ **TOTAL x \$60 = _____**

TOTAL SUBMITTED

Individual Fees = _____
 +
 Team Fees = _____
TOTAL FEES = _____
 Check # _____

CHECKS PAYABLE TO: MIGS Program

ENTRY DEADLINE: February 1, 2009

MAIL TO:

**MIGS Program
5215 3rd Ave. So.
Minneapolis, MN 55419**