

**2009 Men's Junior Olympic L-10
MIGS Program/CGA
National Open
Team Cup Championships
(March 6 & 7, 2009)**

Schedule of Events*

(*Tentative: Dependent upon the number of team entries)

Friday, March 6, 2009

SESSION 1: L-10

Doors Open	Noon
Stretch	Noon – 12:30 p.m.
Controlled Warm-up	12:30-1:50 a.m.
March in	1:50 p.m.
Competition	2:00 p.m.

SESSION 2: L-10

Stretch	5:00 p.m.-5:30 p.m.
Warm-up	5:30 p.m.– 6:50 p.m.
March-in	6:50 p.m.
Competition	7:00 p.m.

Top three team from Friday's competition will compete on Saturday evening during the University meet.

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

*** Team competition will be limited to the first 24 entries received. Placement of a team into sessions 1 or 2 will be determined by a draw from a hat.**

MEET DIRECTOR: Bob Wuornos (612) 270-9507

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REGISTRATION FORM

TEAM _____ Phone _____ E-mail _____
 Address _____ FAX _____
 City _____ State _____ Zip _____
 Head 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 alphabetical order for your Level 10s

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

ENTRY FEES: **TEAM: \$750/Team** **TOTAL SUBMITTED:** _____
Check # _____

CHECKS PAYABLE TO: MIGS Program **MAIL TO:** **MIGS Program**
ENTRY DEADLINE: February 1, 2009 **5215 3rd Ave. So.**
Minneapolis, MN 55419