

2010 MIGSP Men's National Invitational March 13 & 14, 2008

Meet site: Sports Pavilion, University of Minnesota, Minneapolis, MN 55455

Schedule of Events (FINAL)

SATURDAY, March 13, 2010

SESSION A: Level 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 B Level 4

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

University of Minnesota vs University of Iowa & University of Illinois-Chicago at 7:00 p.m.

Coaches Reception to follow the University of Minnesota Competition

SUNDAY, March 14, 2010

SESSION C: Levels 9 & 10 (Modified Capital Cup)

Doors Open	8:30 a.m.
Stretch	8:30 – 9:00 a.m.
March in	9:00 a.m.
1 st Event Warm-up	9:10 a.m.
Awards	Following competition

SESSION D Levels 6, 7 & 8 (Modified Capital Cup)

Stretch	2:00 p.m. – 2:30 p.m.
March-in	2:30 p.m.
1 st Event Warm-up	2:40 p.m.
Awards	Following competition

MEET DIRECTOR: Bob Wuornos (612) 270-9507

2010 MIGSP Men's National Invitational March 13 & 14, 2010

REGISTRATION FORM

TEAM _____ Phone _____ E-mail _____
 Mobile _____ FAX _____
 Address _____ 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 \$80) = _____
 _____ # of Level 4 (x \$60) = _____

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: January 15, 2010

MAIL TO:

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