



MIGS Program
4930 Lyndale Avenue South
Minneapolis, MN 55419
612-270-9507

2017 MIGS PROGRAM MEN'S JUNIOR NATIONAL INVITATIONAL & OPEN TEAM CUP

**March 10-12, 2017
Sports Pavilion
University of Minnesota
Minneapolis, MN 55455**

MIGSP PROGRAM MISSION:

**To preserve, protect, enhance and expand collegiate gymnastic opportunities
for current and future generations of gymnasts.**

Free Admission for all spectators!

Free t-shirts for all participating gymnasts, coaches and judges!



**Support the MIGS Program and its Mission by advertising in the Meet Program or
placing your Team Photo in the Meet Program. Information provided within.**



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Schedule of Events (Final Schedule of Events)

Location: Sports Pavilion, University of Minnesota

FRIDAY, March 10, 2017

SESSION A: Levels 9 & 10 Invitational and Open Team Cup Preliminary Round (See Note #1) **Modified Capital Cup Format**

Doors Open	5:00 p.m.
Stretch	5:00-5:20 p.m.
Team Introductions	5:20-5:30 p.m.
1 st Event Warm-up	5:30 p.m.
Awards	Following competition

SATURDAY, March 11, 2017

SESSION B: Levels 7, 8 & JD **Modified Capital Cup Format**

Doors Open	8:00 a.m.
Stretch	8:00 – 8:20 a.m.
Team Introductions	8:20-8:30 a.m.
1 st Event Warm-up	8:30 a.m.
Awards	Following competition

SESSION C: Level 4 **Modified Capital Cup**

Stretch	12:30-12:50 p.m.
Team Introductions	12:50 p.m.
1 st Event Warm-up	1:00 p.m.
Awards	Following competition

**Thank you for supporting the
 MIGS Program Mission**

Onward & Upward

SATURDAY, March 11

SESSION D OPEN TEAM CUP FINALS (In conjunction with the University of Minnesota vs University of Iowa vs Arizona State University)

Doors Open	5:00 p.m.
Stretch	5:00-5:20 p.m.
Controlled Warm-up	5:20-6:50 p.m.
March in	6:50-7:00 p.m.
Competition	7:00 p.m.
Team Awards	Following competition

SUNDAY, March 12, 2017

SESSION E Level 6 **Modified Capital Cup Format**

Stretch	9:00 - 9:20 a.m.
Team Introductions	9:20 - 9:30 a.m.
1 st Event Warm-up	9:30 a.m.
Competition	11:00 a.m.
Awards	Following competition

SESSION F Level 5 **Modified Capital Cup Format**

Stretch	2:00 - 2:20 p.m.
Team Introductions	2:20 - 2:30 p.m.
1 st Event Warm-up	2:30 p.m.
Awards	Following competition

Team Cup Rules

Note #1: Team Cup Participants will qualify for Finals by competing in the Invitational Competition on Friday. Team may use Level 9 & 10 gymnasts to fill their Team Roster and all gymnasts will be evaluated according to Junior Olympic Level 10 Rules. Top 3 teams will qualify for Finals on Saturday Evening.

If you designate a gymnast on your Team Cup Roster, he will be evaluated according to his USAG Level for his Invitational Competition Level and also be evaluated as a Junior Olympic Level 10 for Team Cup Qualifying purposes. You must designate your Team Cup Roster prior to the beginning of competition.



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ADVERTISE IN THE 2017 MIGS INVITATIONAL MEET PROGRAM

You can help us achieve our Mission by advertising or by placing your team photo in the 2017 Meet Program.

This year, we are making direct contributions to:

- University of Minnesota Men's Gymnastics Team
- University of Iowa Men's Gymnastics Team
- Arizona State University Men's Gymnastics Team

In addition, proceeds generated through Meet Advertising will be directed toward the a new training center for the University of Minnesota Men's Gymnastics Team and to help the MIGS Program accomplish its Mission. So, please help if you can.

Coaches, please distribute this information to all Club owners, parents of all gymnasts and business owners who may be interested in helping.

RATES:

Full page = \$400
 Half page = \$250
 Quarter page = \$150
 Business card = \$75

COPY:

All advertising and photos must be copy ready in black and white format. (All images are subject to review and approval for appropriate content. We reserve the right to accept or reject any and all submitted material.)

STATEMENT FOR INCLUSION:

Please state somewhere on your advertisement or photo:

“(Our Business/Team) supports the Mission of the Men's Intercollegiate Gymnastic Support Program”.

Order Form

Name: _____
 Address: _____ State: _____ Zip: _____
 Phone: _____ - _____ - _____ Email: _____

_____ Full Page _____ Half Page
 _____ Qtr Page _____ Bus Card

Amount Enclosed: \$ _____
 Check #: _____

SUBMIT:

All copy ready material and payment must be submitted by February 15, 2017. Mail to:

MIGS Program
 C/O Bob Wuornos
 4930 Lyndale Avenue South
 Minneapolis, MIN 55419

Your support of this effort will go a long way toward making sure all the young gymnasts in this competition and across the country will have an opportunity to pursue their dream of competing as a varsity college gymnast when it is their turn.

Thank you for your kind consideration in this matter.

---Bob Wuornos