



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

# **2018 MIGS PROGRAM MEN'S JUNIOR NATIONAL INVITATIONAL & TEAM CUP**

**March 2-4, 2018  
Field House  
University of Iowa  
Iowa City, Iowa**

## **MIGSP PROGRAM MISSION:**

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

**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:**  
 Field House, University of Iowa

### FRIDAY, March 2, 2018

**SESSION A: Levels JD, 8 & 9 (55 Gymnasts)  
 Modified Capital Cup-10 minute event  
 warm-up**

Doors Open	Noon
Stretch	12:00-12:20 p.m.
Introduction	12:20-12:30
1 <sup>st</sup> event Warm-up	12:30 – 12:40
Awards	Following competition

**SESSION B: Levels 10 (55 gymnasts)  
 Modified Capital Cup-10 minute event  
 warm-up**

Doors Open	5:00 p.m.
Stretch	5:00-5:20 p.m.
Introduction	5:20-5:30 p.m.
1 <sup>st</sup> Event Warm-up	5:30-5:40 p.m.
Awards	Following competition

### SATURDAY, March 3, 2018

**SESSION C: Level 4 (49 gymnasts)  
 Traditional Format**

Doors Open	9:00 a.m.
Stretch	9:00 – 9:20 a.m.
Controlled Warm-up	9:20-10:20 a.m.
Introduction	10:20 – 10:30 a.m.
Competition	10:30 a.m.
Awards	Following competition

**SESSION D: Team Cup Finals Top 6 Qualifying  
 Teams from Friday Competition  
 Traditional Format**

Stretch	12:30 12:50 p.m.
Controlled Warm-up	12:50 – 1:50 p.m.
Introduction	1:50 p.m.
Competition	2:00 p.m.
Awards	Following competition

**ONWARD & UPWARD!!!**

### Saturday, March 3, 2018

**Men's College Meet @ Carver Hawkeye Arena**

**Men's University of Iowa vs  
 Penn State vs Arizona State**

Doors Open	5:00 p.m.
Stretch	5:00-5:20 p.m.
Controlled Warm-up	5:20-6:50 p.m.
Introduction	6:50-7:00 p.m.
Competition	7:00 p.m.

### SUNDAY, March 4, 2018

**SESSION E Level 5 (59 gymnasts) Traditional**

Stretch	9:00 - 9:20 a.m.
Warm-up	9:20 - 10:20 a.m.
Introduction	10:20 – 10:30 a.m.
Competition	10:30 a.m.
Awards	Following competition

**SESSION F Level 6 & 7 (50 gymnasts)  
 Modified Capital Cup**

Stretch	1:00 - 1:20 p.m.
Introduction	1:20 – 1:30p.m.
1 <sup>st</sup> Event Warm-up	1:30-1:40 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 6 teams will qualify for Finals on Saturday Evening.

If you designate a Level 9 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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