



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

FINAL SCHEDULE OF EVENTS
(February 7, 2019)

2019 MIGS PROGRAM MEN'S JUNIOR NATIONAL INVITATIONAL & OPEN TEAM CUP

March 1-3, 2019
Field House
University of Iowa
Iowa City, IA



MIGSP PROGRAM MISSION:

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

For more information, contact:
Bob Wuornos, Meet Director
MIGSP1@msn.com



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Schedule of Events

(Final Schedule of Events- Revised Feb 6, 2019)

FRIDAY, March 1, 2019

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

Modified Capital Cup

Doors Open	5:00 p.m.
Stretch	5:00-5:20 p.m.
March in	5:20
1 st event warm-up	5:30 p.m.
Awards	Following Competition

SATURDAY, March 2, 2019

SESSION B: Level 7, 8 & JD

Modified Capital Cup

Doors Open	8:00 a.m.
Stretch	8:00-8:20 p.m.
March in	8:20
1 st event warm-up	8:30 a.m.
Awards	Following Competition

SESSION C: Level 4

Modified Capital Cup

Doors Open	1:00 p.m.
Stretch	1:00-1:20 p.m.
March in	1:20
1 st event warm-up	1:30 p.m.
Awards	Following Competition

SESSION D: Team Cup Finals

(In conjunction with the University of Iowa vs University of Nebraska at U of Iowa Field House)

Traditional Format

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

Location:

Field House, University of Iowa

SUNDAY, March 3, 2019

SESSION E Level 5

Modified Capital Cup

Doors Open	9:00 a.m.
Stretch	9:00-9:20 a.m.
March in	9:20 a.m.
1 st event warm-up	9:30 a.m.
Awards	Following Competition

SESSION F Level 6

Modified Capital Cup

Doors Open	Noon
Stretch	Noon - 12:20 p.m.
March-in	12:20 p.m.
1 st event warm-up	12:30 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.

ONWARD & UPWARD



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TEAM CUP

The purpose of the Team Cup Competition is to provide athletes with an experience similar to that which they might experience as a college gymnast. The **top three teams** from Friday evening competition will compete on the floor on Saturday evening in conjunction with college meet (University of Iowa vs the University of Nebraska).

The 2019 MIGS Program National Invitational on Friday serves as the qualifying meet for the Team Cup on Saturday. Therefore, any athlete competing in the Team Cup Competition **must** compete in the Friday Session as a Level 9 or 10. A Team may use athletes in L-9 & L-10 in the Team Cup Competition. However, all competitors in the Team Cup Competition will be evaluated according to Junior Olympic Level 10 Rules. Therefore, a gymnast competing in the Team Cup Preliminary will receive a score based on respective rules for their Primary Level plus a score based on Junior Olympic Level 10 Rules during the Invitational Competition on Friday for qualifying purposes.

Competition rules for the Team Cup are as follows:

- 12 man Roster (You will fill out your roster prior to Friday's competition.)
- 5 designated gymnasts compete per event
- 5 scores per event count toward final team score

The Entry Fee for Team Cup Competition is an additional non-refundable \$200/Team above and beyond the registration fees associated with the National Invitational.

If you choose to compete in the Team Cup, please fill out the form below and submit it along with your other registration material and attach a separate check for \$200 made out to the MIGS Program.

TEAM CUP REGISTRATION FORM

Team Name: _____ USAG Club #: _____
Coach: _____ USAG Pro # _____
Coach: _____ USAG Pro # _____

Team Entry Fee: \$200

Separate Check Payable to: MIGS Program

Entry Deadline: February 15, 2019

Mail Entry Form and Check to:

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



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Help Save UIC

In the past, we have provided all gymnasts and coaches with 'College Gymnastics Forever' t-shirts as an appreciation for supporting this meet and college gymnastics. Unfortunately, the cost of operations for hosting this meet has risen dramatically in the past two years such that we can no longer do so.

However, we have engaged in the process of helping the University of Illinois-Chicago maintain their men's and women's gymnastics teams. We have been working closely with the UIC coaches and with the Men's and Women's College Gymnastic Associations to '#FlipTheDecision'. It is our hope that national response from the gymnastic community will influence a positive outcome for these two teams.

AS part of our effort, we have created a "UIC Gymnastics Forever' t-shirt with a '#FlipTheDecision' theme built into it:



It is our hope that you will help with this effort by purchasing a t-shirt for each gymnast in the 2019 MIGS PROGRAM NATIONAL INVITATIONAL. While we cannot give these t-shirts away, we can offer all participating gymnasts and coaches a 20% discount if you purchase by February 15, 2019. All t-shirts orders purchased through this effort will be fulfilled on site at the Meet. Please use the order form provided with this communication.

Thank you in advance for your support.

---*Bob Wuornos*
Founder of the MIGS Program



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‘UIC Gymnastics Forever’ T-Shirt Order FORM

TEAM _____ Phone _____ E-mail _____
 Address _____ FAX _____
 Club USAG #: _____ City _____ State _____ Zip _____
 Coach _____
 Coach _____
 Coach _____

Please enter names in order from Level 4 through Level 10

Gymnast's Name	T-Shirt Size	\$20/Shirt
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

T-shirt order deadline is January 15, 2019 Total by Size x \$20.00

		_____ YS	x \$20	= _____
		_____ YM	x \$20	= _____
		_____ YL	x \$20	= _____
		_____ AS	x \$20	= _____
TOTAL	= _____	_____ AM	x \$20	= _____
		_____ AL	x \$20	= _____
		_____ AXL	x \$20	= _____
		_____ A2XL	x \$20	= _____
		_____ Total #		Total Due= _____

CHECKS PAYABLE TO: MIGS Program

MAIL TO:

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ADVERTISE IN THE 2019 MIGS INVITATIONAL MEET PROGRAM

(Order Deadline: February 15, 2019)

You can help us achieve our Mission by advertising or by placing your team photo in the 2019 Meet Program.

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: _____ Full Page Half Page
Address: _____ State: _____ Zip: _____ Qtr Page Bus Card
Phone: ____-____-____ Email: _____
Amount Enclosed: \$ _____
SUBMIT: Check #: _____

All copy ready material and payment must be submitted by February 15, 2019. Mail to:

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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