

2010 Level 5-6 First State Qualifier

(hosted by Rising Stars Gymnastics Academy)

At North St. Paul High School
2416 East 11th Ave, North St. Paul, MN 55109

Saturday, October 2nd

Session #1

LEVEL 5

Teams

8:30-8:50

Open Stretch, bar setting

Hastings, JETS,

8:50-10:00

Timed Warm-up

Northwest, Olympic,

10:00-10:05

March-In

Perpetual Motion,

10:05-12:15

Competition

Rising Stars,

12:20

Awards

Roseville

Session #2

LEVEL 6

Teams

12:50-1:10

Open Stretch, bar setting

Duluth YMCA, Elite,

1:10-2:10

Timed Warm-up

Gleason's MG,

2:10-2:15

March-In

Gleason's E,

2:15-4:10

Competition

Grand Rapids,

4:15

Awards

Hastings, Northwest,

Legacy, Olympic,

Rising Stars,

Roseville,

TAGS EP

Session #3

LEVEL 5

Teams

4:55-5:15

Open Stretch, bar setting

Duluth YMCA,

5:15-6:25

Timed Warm-up

Gleason's E,

6:25-6:30

March-In

*Gleason's MG,

6:30-8:40

Competition

Legacy, Premier,

8:45

Awards

*TAGS EP

* Team split into two groups

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**At North St. Paul High School
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Sunday, October 3rd

Session #4

LEVEL 6

Teams

8:30-8:50

Open Stretch, bar setting

Dynamics,

8:50-9:50

Timed Warm-up

Great Northern,

9:50-10:00

March-In

North Shore,

10:00-12:00

Competition

Spirit, TAGS S

12:05

Awards

Session #5

LEVEL 5

Teams

12:40-1:00

Open Stretch, bar setting

Dynamics, Elite,

1:00-2:10

Timed Warm-up

Great Northern,

2:10-2:15

March-In

North Shore,

2:15-4:30

Competition

Spirit, *TAGS S

4:35

Awards

* Team split into two groups