

# Harvest Invitational

## Level 4, 5 and 6

(hosted by Rising Stars Gymnastics Academy)

**At North St. Paul High School**  
**2416 East 11<sup>th</sup> Ave, North St. Paul, MN 55109**

**Saturday, October 10<sup>th</sup>, 2009**

### **Session #1**

### **LEVEL 5 & 6**

### **Teams**

9:00-9:30

Open Stretch, bar setting

Dynamics

9:30-10:20

Timed Warm-up

Hudson

10:20-10:25

March-In

Olympic

10:25-12:00

Competition

Rising Stars

12:05

Awards

### **Session #2**

### **LEVEL 4**

### **Teams**

12:40-1:00

Open Stretch, bar setting

Elite

1:00-1:55

Timed Warm-up

Hudson

1:55-2:00

March-In

Gleason MG

2:00-3:10

Competition

Mini-Hops

3:15

Awards

North Shore