

# Crowley's Gymnastics Center



Welcome to the 49th annual Winter Challenge Meet!  
Thank you to all the teams who have entered!  
We are looking forward to a fun filled weekend with great gymnastics!  
See you in January!

<b>When:</b>	January 17-18, 2020
<b>Where:</b>	MN State Fairgrounds Lee & Rose Warner Coliseum 1784 Judson Ave. Falcon Heights, MN 55108
<b>Sanctioned By:</b>	USA Gymnastics All coaches should be prepared to show proof of identity
<b>Format:</b>	Modified Capitol Cup
<b>Equipment:</b>	AAI-Provided by NSGEL, Inc.
<b>Concessions:</b>	Food and beverages will be on sale at each session
<b>Admissions:</b> (CASH ONLY)	\$15.00 - Adults \$6.00 - Children (3-10 yr. olds, 2 and under free) \$9.00 - Seniors (65+) \$3.00 - Programs \$5.00 - Hugs & Kisses \$25.00 Adult Weekend Pass
<b>Parking</b>	Free throughout the MN State Fairgrounds (there is ample parking in the "Midway" area)
<b>Awards:</b>	According to USAG Rules & Policies
<b>Meet Directors:</b>	Becky Metz, Sharon Neuman, Heather Potvin

Please Note: All levels will have 20 min. for stretch and bar settings.  
Age divisions are determined by the gymnast's actual age on the last day of competition.

# Winter Challenge 2020

MN State Fairgrounds - Lee & Rose Warner Coliseum

## Session 1 Friday, January 17, 2020

### Icicle - Bronze

\*Crowley's, Dynamic Flights, Farmington, Flex,  
Flyaways North, Gym-Nation, Lakes Area, MAGS, Northwest

2:40 p.m. Registration  
3:00 p.m. Stretch  
3:20 p.m. March-In  
3:35 p.m. Timed Warm-ups Flight A  
Competition/Awards to follow

### Crystal - Silver

Dynamics, Granite City, KAATS, North Shore  
RGC, \*TAGS E.P., TAGS South

2:40 p.m. Registration  
3:00 p.m. Stretch  
3:20 p.m. March-In  
3:35 p.m. Timed Warm-ups Flight A  
Competition/Awards to follow

## Session 2 Friday, January 17, 2020

### Icicle - Silver

Crowley's, Dynamic Flights, Farmington, \*Flex,  
\*Flyaways North, Gym-Nation, Lakes Area, MAGS, Northwest

5:55 p.m. Registration  
6:10 p.m. Stretch  
6:30 p.m. March-In  
6:45 p.m. Timed Warm-ups Flight A  
Competition/Awards to follow

### Crystal - Gold

\*Crowley's, Dynamics, Granite City, KAATS,  
North Shore, Northwest, RGC, TAGS E.P., \*TAGS South

5:55 p.m. Registration  
6:10 p.m. Stretch  
6:30 p.m. March-In  
6:45 p.m. Timed Warm-ups Flight A  
Competition/Awards to follow

## Session 3 Saturday, January 18, 2020

### Icicle - Gold/Platinum

Dynamic Flights (G), Flex (G),  
Flyaways North (G), Granite City (P), Gym-Nation (G),  
KAATS (P), \*Lakes Area (G), RGC, (P)

7:45 a.m. Registration  
8:00 a.m. Stretch  
8:20 a.m. March-In  
8:35 a.m. Timed Warm-ups Flight A  
Competition/Awards to follow

### Crystal - Level 5/6/7

Deutsch's (6), Dynamics (6/7), \*Flips (6/7),  
Gold Medal (6/7), KAATS (6), Midwest (6),  
\*North Shore (6/7), Northfield (7),  
Northwest (5), Twin Ports (5/6)

7:45 a.m. Registration  
8:00 a.m. Stretch  
8:20 a.m. March-In  
8:35 a.m. Timed Warm-ups Flight A  
Competition/Awards to follow

\* 2 Coaches Needed

# Winter Challenge 2020

MN State Fairgrounds - Lee & Rose Warner Coliseum

## Session 4 Saturday, January 18, 2020

### Icicle - Platinum/Diamond

Crowley's (P), \*Dynamics (P/D), \*Farmington (P/D),  
Flex (P/D), Lakes Area (P/D), North Shore (P/D),  
Northwest (P), \*TAGS E.P. (P/D), TAGS South (P/D)

12:00 p.m. Registration  
12:15 p.m. Stretch  
12:35 p.m. March-In  
12:50 p.m. Timed Warm-ups Flight A  
Competition/Awards to follow

### Crystal - Level 7/8

Central MN Elite (8), \*Crowley's (7/8),  
Dynamics (8), Flips (8), \*Grand Rapids (7/8),  
\*Northwest, (7/8), \*TAGS South (7/8)

12:00 p.m. Registration  
12:15 p.m. Stretch  
12:35 p.m. March-In  
12:50 p.m. Timed Warm-ups Flight A  
Competition/Awards to follow

## Session 5 Saturday, January 18, 2020

### Icicle - Level 3/4/5

Gym-Nation (4), \*Lakes Area (3/4/5), Midwest (3),  
Mini-Hops (3), \*Northwest (3/4), Twin Ports (4)

5:15 p.m. Registration  
5:30 p.m. Stretch  
5:50 p.m. March-In  
6:05 p.m. Timed Warm-ups Flight A  
Competition/Awards to follow

### Crystal - Level 8/9/10/Open

\*Classic (9), Deutsch's (8/9), \*\*Flips (9,10,Open),  
Gold Medal (8/9), KAATS (8/9/10),  
North Shore (8/9), Premier Complex (9)

5:15 p.m. Registration  
5:30 p.m. Stretch  
5:50 p.m. March-In  
6:05 p.m. Timed Warm-ups Flight A  
Competition/Awards to follow

\* 2 Coaches Needed

\*\* 3 Coaches Needed

