

2019 Holiday Spirit Invite - December 21 - 22, 2019

Meet Site:

Walker Field House - Hamline University
1550 Taylor Ave
St. Paul, MN 55104

Admission Fees

Adults \$12
Seniors \$10 (62+)
Students \$10 (6-17 or with college id)
5 & Under Free
We do not accept credit cards or checks.

Schedule: Saturday December 21th

Diamond	11:30	Registration
	12:00	Stretch
	12:30	Warm-up/Compete
	3:30	Awards
Platinum	3:30	Registration
	4:00	Stretch
	4:30	Warm-up/Compete
	6:45	Awards

Schedule: Sunday December 22nd

Bronze	7:30	Registration
	8:00	Stretch
	8:15	Warm-up/Compete
	10:30	Awards
Silver	10:30	Registration
	11:00	Stretch
	11:20	Warm-up/Compete
	1:45	Awards
Gold	2:00	Registration
	2:30	Stretch
	2:50	Warm-up/Compete
	5:30	Awards

IGM Team Information

- ✓ Parents please try to have your gymnast arrive 15-30 minutes prior to the start of warm ups. We would rather be early with extra time to prepare than rushed and unfocused for competition.
- ✓ Have gymnasts dressed in their competition leotard under their warm ups. Make sure their under garments are either nude in color or match the leotard (they will be deducted otherwise). Their hair must be completely out of their face (they will be deducted otherwise). Keep in mind when doing hair that your daughters are going to be rolling during their floor routines. Also, feel free to make good use of hairspray and clips. No excessive make-up, nail polish, tattoos or jewelry (stud earrings are okay). Please make sure nail polish is removed prior to competition!
- ✓ Please pack water for your gymnast. You may also pack a healthy snack for your daughter. Do not pack anything with nuts. We do not encourage our gymnasts to eat during competition, but there will be time for snack after competition and before awards begin
- ✓ Gymnasts with grips – remember to grab them from the gym before competition!.