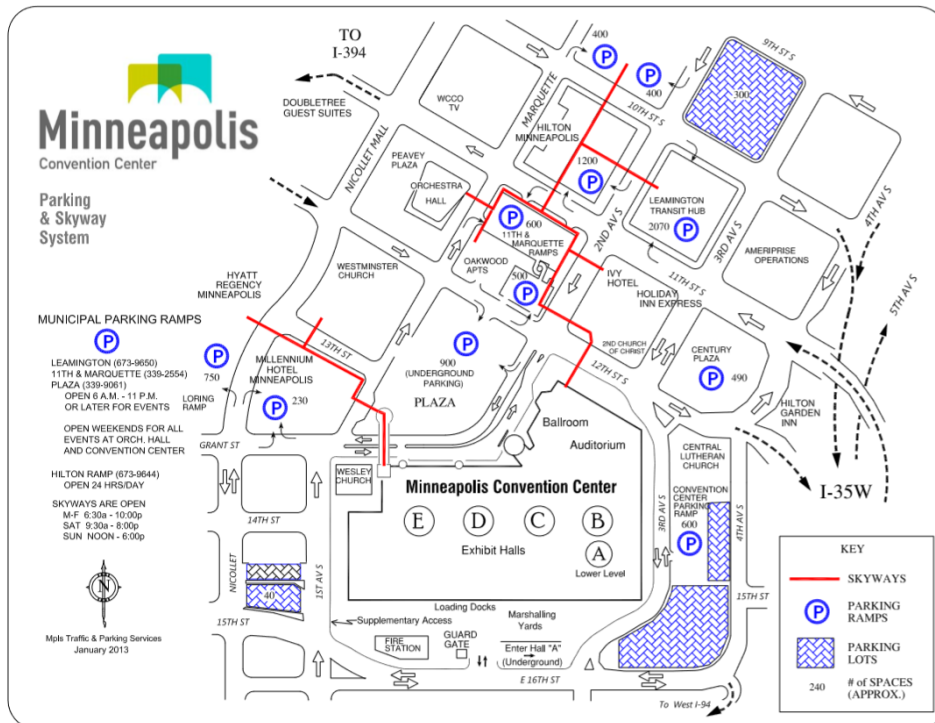


30th Annual Peppermint Twist - December 6 – 8, 2019

Minneapolis Convention Center --- Hall A
 1301 Second Ave South, Minneapolis, MN
 Doors Open each day at 7:30 am

Parking and Skyway



All gymnasts will check in with their coaches on the floor. Please drop them off at the front door of the Hall. TCT volunteers will escort them as needed. Check with your coach if gymnasts are to meet in a different location.

Admission Fees (program \$5)

Per Person	Daily	Weekend Pass
Youth 0-5:	Free	Free
Youth 6-16	\$10	\$15
Adults 17 & Over	\$15	\$10
Seniors 62 & Over	\$10	\$15
Military	\$10	\$15

Cash and credit cards accepted (no checks). Cash machines are available in the Convention Center. Weekend Pass upgrades are available by bringing in your Daily Wristband.

Schedule: Friday December 6th – Doors Open at 7:30 am

Session 11: Level 8 Minneapolis Floor	8:30	Stretch	8:00	XCEL Bronze St. Paul Floor
	8:50	March-In	8:20	
	9:00	Event Warm-up	8:30	

Session 12: Level 7 Minneapolis Floor	11:00	Stretch	10:15	XCEL Silver St. Paul Floor
	11:20	March-In	10:35	
	11:30	Event Warm-up	10:45	

Session 13 Level 6 Minneapolis Floor	2:30	Stretch	12:45	XCEL Gold St Paul Floor
	2:50	March-In	1:05	
	3:00	Event Warm-up	1:15	

Session 14		Stretch	3:15	XCEL Platinum St Paul Floor
		March-In	3:35	
		Event Warm-up	3:45	

Session 15		Stretch	6:15	XCEL Diamond St Paul Floor
		March-In	6:35	
		Event Warm-up	6:45	

Saturday December 7th – Doors Open at 7:30 am

Session 21 Level 9 Minneapolis Floor	8:30	Stretch
	8:50	March-In
	9:00	Event Warm-up

Sunday December 8th – Doors Open at 7:30 am

Session 31 Level 3 Minneapolis Floor	8:30	Stretch
	8:50	March-In
	9:00	Event Warm-up

Session 32 Level 4 Minneapolis Floor	11:45	Stretch
	12:05	March-In
	12:15	Event Warm-up

Session 33 Level 5 Minneapolis Floor	3:30	Stretch
	3:50	March-In
	4:00	Event Warm-up

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!.