

The Blizzard Invitational – January 12, 2020

Meet Site: John F Kennedy High School
9701 Nicollet Ave, Bloomington, MN 55420

Schedule: Sunday January 12th

Session: 1 - Levels 6 – 9 - Diamond	11:00	Stretch
	11:20	March In
	Awards to follow	
Session: 2 - Gold/Platinum	1:55	Stretch
	2:10	March In
	Awards to follow	
Session: 3 - Bronze/Silver	5:45	Stretch
	6:00	Introductions
	Awards to follow	

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 uniform under their warm ups. 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!