

2020 Ironman Invitational – January 3–5, 2020

Meet Site:

Colin Powell Center
2924 4th Ave S
Minneapolis, MN 55408

Admission Fees

\$15 per Adult
\$10 per Child (ages 6-18)/Senior
Ages 5 & under = FREE
Most meets do not accept credit cards or checks.

Schedule: Saturday January 4th

Level 6	9:00	Open Warm-up
	9:20	March In
	9:30	Timed Warm-up
	11:30	Awards

Schedule: Sunday December 22nd

Level 8	8:00	Open Warm-up
	8:20	March In
	8:30	Timed Warm-up
	11:45	Awards
Level 4	12:00	Open Warm-up
	12:20	March In
	12:30	Timed Warm-up
	2:40	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 uniform under their warm ups.
- ✓ Please pack water for your gymnast. You may also pack a healthy snack. 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!.