

2018 TCT Peppermint Twist

Location: Minneapolis Convention Center - HALL "A"

1301 2nd Ave. South Minneapolis, MN 55403

Parking: Available in parking ramps near the convention center (within 5 minute skyway walk)

<u>Admission:</u>	DAILY Admission	WEEKEND PASS
Adults (17 and over)	\$15	\$20
Seniors (62 and over)	\$10	\$15
Youth (ages 6-16)	\$10	\$15
Youth (5 and under)	FREE	FREE
Military	\$10	\$15

*Cash and credit cards (no checks). Cash machines available at the Convention Center.

Arrive: Please try to have your gymnasts arrive **15-30 minutes prior to the start of warm up**. We would rather be early with extra time to prepare than rushed and unfocused for the competition.

All gymnasts check in with their coaches on the floor. Please drop off your gymnast at the Hall A door and a TCT volunteer will escort as needed.

Wear: **Competition leotard under warm-ups (pants and jacket)**

Competition hair (completely pulled back and secured out of face with clips/hairspray)

*Any style (braids, bun, ponytail, etc.) is fine!

Nude color undergarments (if your gymnast wears these)

DON'T Wear: Nail polish, make-up, temporary tattoos or jewelry (deductions can be taken!).

Bring: **IGM team backpack or bag** (to hold shoes, grips, warm-ups, etc.)

GRIPS! (Remember to grab them from the gym!!)

Water bottle

Healthy, nut-free snack

Your gymnast's USAG membership card (in case! Some meets will require it.)

Friday, November 30, 2018

Minneapolis Floor Session 11 LEVEL 5

Check-in: 8:00 – 8:30am
Stretch: 8:30am
March-in: 8:50am
Event warm-up: 9:00am Competition and awards to follow.

Minneapolis Floor Session 12 LEVEL 4

Check-in: 11:00 –11:30am
Stretch: 11:30am
March-in: 11:50am
Event warm-up: 12:00pm Competition and awards to follow.

Friday, November 30, Continued:

Minneapolis Floor Session 13 LEVEL 3

Check-in: 3:00 - 3:30pm
Stretch: 3:30pm
March-in: 3:50pm
Event warm-up: 4:00pm Competition and awards to follow.

Saturday, December 1, 2018:

Minneapolis Floor Session 23 LEVEL 9

Check-in: 1:30 - 2:00pm
Stretch: 2:00pm
March-in: 2:20pm
Event warm-up: 2:30pm Competition and awards to follow.

Saturday, December 1, continued:

Minneapolis Floor Session 24 LEVEL 10

Check-in: 5:00 – 5:30pm
Stretch: 5:30pm
March-in: 5:50pm
Event warm-up: 6:00pm Competition and awards to follow.

Sunday, December 2, 2018:

Minneapolis Floor Session 32 LEVEL 7

Check-in: 11:15-11:45am
Stretch: 11:45am
March-in: 12:05pm
Event warm-up: 12:15pm Competition and awards to follow.

Minneapolis Floor Session 33 LEVEL 8

Check-in: 2:15-2:45pm
Stretch: 2:45pm
March-in: 3:05pm
Event warm-up: 3:15pm Competition and awards to follow.