



Meet Director: Punnarith Koy

Official website:  
[midwestgymnasticsboosterclub.org](http://midwestgymnasticsboosterclub.org)

**September 28 - 29, 2024**  
**Host by Midwest Gymnastics Booster Club**

Location: Mariner Middle School  
( formerly White Bear Lake High School - South Campus )  
3551 McKnight Rd N  
White Bear Lake, MN 55110

Admission: Adults \$ 20  
Seniors ( 62 + ) \$ 15  
Children ( 6 - 17 ) \$ 15  
Children ( 0 - 5 ) FREE

Competition Format: Modified Traditional  
Equipment primarily AAI  
Scoring by ScoreYourMeet with live scoring

**Saturday, September 28th**

**Session 1 - Xcel Bronze** 9:00 am Open Stretch  
9:20 am Timed Warm Up  
9:30 am Line Up & Introductions

Gyms: Classic East, Rising Stars ( split ), Jungle, Midwest, Duluth YMCA

**Session 2 - Excel Silver** 11:30 am Open Stretch  
11:50 am Timed Warm Up  
12:00 pm Line Up & Introductions

Gyms: NSGA ( split ), Duluth YMCA, Jungle, Clasic East, Midwest

**Session 3 - Level 3** 2:30 pm Open Stretch  
2:50 pm Timed Warm Up  
3:00 pm Line Up & Introductions

Gyms: NSGA ( split ), LakePoint, Midwest ( split ), Rising Stars

**Sunday, September 29th**

**Session 4 - Level 3 & 4** 9:00 am Open Stretch  
9:20 am Timed Warm Up  
9:30 am Line Up & Introductions

Gyms: Midwest ( level 3 split ), TAGS EP ( level 4 ), Rising Stars ( level 4 ), NSGA ( level 4 )

**Session 5 - Level 4 & 5** 11:45 am Open Stretch  
12:05 pm Timed Warm Up  
12:15 pm Line Up & Introductions

Gyms: TAGS EP ( level 5 ), Midwest ( 4 & 5 split ), LakePoint ( level 4 ), Rising Stars ( level 5 )