

# North Shore Gymnastics Association

## Invites You To Attend: The **29th** Annual John Roethlisberger Iceberg Open

February 1-2  
Concordia University  
235 Hamline Ave  
St. Paul, MN

Dear Coach,

Many years ago, three-time US Olympic great, John Roethlisberger, teamed up with North Shore Gymnastics for this great event. The Iceberg is one of the premier men's gymnastics meets in the Midwest. This meet has great awards, top notch judges, and famous hospitality.

Unfortunately, we are no longer able to host this event at Canterbury. We have located a different venue, but they can not have us on Friday. I AM SAD TO SAY THERE WILL NOT BE AN EVENT FINALS THIS YEAR.

We are, however, going to have two sets of equipment. The meet format will be modified A/B format for all sessions. This format is being considered for future Western and JD National Championships. Level 10 will compete at the same time as the Gym Act to create a very exciting competition.

You don't want to miss this meet, register now! Registration forms can be found on our website: [northshoregym.org](http://northshoregym.org).

The final schedule will be determined after all entries have been collected. Please get your entries and payment in early to guarantee a spot.

I look forward to seeing you here.

Dale Bullivant  
Meet Director

**Host Hotel: TBA—A list of hotels will be out soon.**

**USAG Sanction:** The John Roethlisberger Iceberg is a USA Gymnastics sanctioned event. All participants must have a valid USA Gymnastics membership.

**Equipment:** Equipment for this meet is leased from NSGEL, and MN Gym Act.

**Refunds:** We will refund for injuries up to 10 days prior (Jan 20th) to the meet. We will refund 50% for all other reasons up to 15 days prior (Jan 15th). **NO Refunds** will be granted after Jan 21<sup>st</sup>.

**USA Gymnastics member:** You must have current USA Gymnastics member number when entering. Please use the USA Gymnastics online entry system for your athletes. \*MUST still register using official entry for when paying and for team entries.

**Awards:** Medals will be awarded for all-around and events. The Iceberg invitation is very generous in awarding several medals.

Level 3--6 open, **no Divisions.**

Level 7-10: *Individual awards for ages will be determined by the amount of entries for each age.*

**Team Awards**—The top three scores from each event for the following teams:  
Level 3-10, for each level.

**Event Finals**—Sorry, no event finals this year. Level 10 will compete same time as Gym Act.

**Meet Format:** All levels will be modified A/B. Two sets of equipment. Flight 1 will warm up on one set of equipment, flight 1 will then compete while flight 2 warms up on their equipment. The judges will rotate between the two flights. Advantage is all boys will warm up and compete on the same equipment.

**Hospitality:** We will supply food for judges and coaches during the meet all weekend.

## **Schedule:**

Projected schedule:

Saturday Feb 4---Level 5 and 7, 6 and 8. Level 10 and Gym Act Saturday PM.

Sunday Feb 5—Level 3, Level 4.

***This is preliminary and can change due to numbers for each level entered.***

## **Entry Deadline:**

Because of limited time, this meet will fill. There is strict limited numbers for each session. It will be first come first serve. Entries must be paid in full with complete and accurate roster to be considered registered!!!

Official entry ***deadline is Monday December 2, 2024.*** All late entries must be approved by meet director and will have a \$20.00 late fee per gymnast.

**Entry Fees:** USAG Levels 3-10 Elite--\$140 Team--\$75. Gym Act--\$0 (No entry fee). \*\*\$3.00 per athlete will be sent to the National Men's Scholarship Fund as per USA Gymnastics Sanctioning procedures.

**Admission Fees:** Adults: \$10, Children/Seniors/Veterans: \$5 for session.  
Adults: \$15, Children/Seniors/Veterans: \$10 for all sessions.

**T-shirts:** JRIO Apparel will be sold on site.

**Parking:** Ample parking around Concordia.

**Gym Act:** All Gym Act teams will compete with zero entry fee. In support of the Gym Act teams, the JRIO will not charge an entry fee for Gym Act teams participating in this event.

*Mail Entries to:*

***John Roethlisberger Iceberg Invitation  
5555 Pioneer Creek Drive  
Maple Plain, MN 55359***

**Enter entries: Enter entries into the USAG Reservation System**

