



Turkey Tumble

DATE: November 23-24, 2024

**If your team is listed twice on the schedule, then your team has been split into two different rotations. Please have enough staff on hand to accommodate.

Host: North Shore Gymnastics

**Competition Site: Westonka High School – Main Gymnasium-Lower Parking lot
5905 Sunnyfield Road East
Minnetrista, MN 55364**

Directions:

From the east: West on 394/Hwy 12 past Wayzata. Take the express way/bypass past Long Lake. In about 4 miles you will come to Maple Plain. Continue through the town to the west. At the stoplight (83/Halgren Rd) take a left. Continue on Halgren Road, it will become County Road 83. Continue on County Road 83. County Road 83 becomes County Road 110. Turn Right on Sunnyfield Road. The high school will be on your left. Park in the lower parking area.

From the northwest: 94 East to Highway 25 south (through Buffalo). Turn East on highway 12 towards the town of Delano. Five miles outside of Delano take a right at the stop light (83/Halgren) in Maple Plain. Follow directions above.

Saturday, Nov. 23, 2024

Session 1: Level 4 & Level 5

Level 4: NSGA (10) TAGS S (9) Lake Point (2) EGA (4) Jam Hops AR (4) Great Northern (5)

Level 5: TAGS EP (12) Granite City (12) IGM (9) Gleason's (2) Mini Hops (6) Mini Hops (3) One (6) NBGC (3) EGA (2)

7:45 am

Doors Open

8:00 am

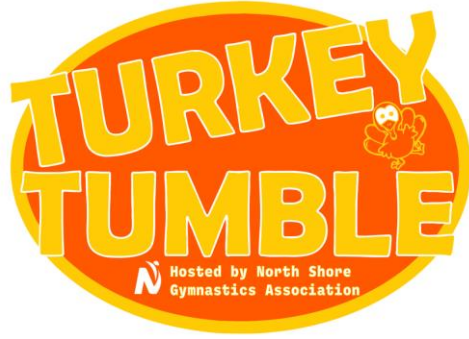
Stretch

8:20 am

March In

11:00 am

Awards



Session 2: Level 4

Level 4: Granite City (6) TAGS EP (5) TAGS EP (11) Mini Hops (5) Revolution (7)
Revolution (12) One (14) IGM (8) NBGC (4) Midwest (12) Midwest (12)

11:15 am	Stretch
11:35 am	March In
2:45 pm	Awards

Session 3: Level 3 & Silver

Level 3: Midwest (13) Midwest (8) Granite City (9) Mini Hops (7) Revolution (12)
Revolution (5) IGM (7)

Silver: Midwest (5) EGA (7) NBGC (6) NBGC (12) Gym Bin (5)

3:00 pm	Stretch
3:20 pm	March In
6:30 pm	Awards

Session 4: Level 3

Midwest (11) Midwest (11) NSGA (13) NSGA (7) EGA (6) Jam Hops AR (7) Lake Point
(7) NBGC (8)

6:45 pm	Stretch
7:05 pm	March In
9:30 pm	Awards



Sunday, Nov. 24, 2024

Session 5: Silver

Mini Hops (12) Mini Hops (12) NSGA (11) NSGA (11) Jam Hops (14) PMG (14) PMG (14) Shooting Stars (8)

7:45 am	Doors Open
8:00 am	Stretch
8:20 am	March In
11:30 am	Awards

Session 6: Bronze

Bronze: Mini Hops (11) Mini Hops (10) Jam Hops (14) PMG (10) PMG (10) PMG (9) Shooting Stars (13) One (12)

11:45 am	Stretch
12:05 pm	March In
2:40 pm	Awards

Session 7: Silver

Flips (12) Flips (11) Jam Hops AR (10) Lake Point (1) Revolution (12) Revolution (8) Granite City (4) Granite City (11) One (12) One (4) KAATS (8)

2:55 pm	Stretch
3:15 pm	March In
6:00 pm	Awards

Session 8: Bronze

Midwest (9) Granite City (10) Jam Hops AR (14) Flips (14) NBGC (9) NBGC (9) EGA (8) EGA (9)

6:15 pm	Stretch
6:35 pm	March In
9:00 pm	Awards

Spectator Information

\$20.00 Adult
\$15.00 Senior/Military ID/Child 6-17yrs
FREE 0-5yrs
CASH ONLY

Please do not arrive more than 15 minutes ahead of time of your session!

Gymnasts Grams – Various Options from \$5-\$12—CASH ONLY

Coaches Information:

- *All coaches must be registered through the USAG reservations.
 - *Modified Capital Cup Format
 - *Xcel Gymnasts will have the drop 6 rule on FX.
 - *Athletes check in with their coaches.
 - *Award age groups are divided up equally in Proscore
- *Coaches meeting 5 minutes after stretch begins at Balance Beam
 - *Live Scoring: www.scoreyourmeet.com and the USA App.
- *Lunch and Dinner will be provided each day for coaches that have back to back sessions.

