

EMERGE ACADEMY



EMERGE ACADEMY INVITATIONAL

Hosted by Emerge Academy Men's Booster Club

MidAmerican Energy Company RecPlex
West Des Moines, Iowa

Saturday, January 11, 2025 (Doors Open 7:30AM)

Session 1 - Levels 6-8 Modified Warm Up

Open Stretch 8:00AM
Warm Up 1st Event 8:30AM
March In 8:45AM
Awards 12:00PM

Session 2 - Level 10 Modified Warm Up

Open Stretch 1:00PM
Warm Up 1st Event 1:30PM
March In 1:45PM
Awards 5:00PM

Session 3 - GymACT and Level 9 Traditional Warm Up

Open Stretch 5:45PM
Timed Warm Up 6:00PM
March In 7:30PM
Awards 9:30PM

Sunday, January 12, 2025 (Doors Open 7:30AM)

Session 4 - Levels 3 & 4 Traditional Warm Up

Open Stretch 8:00AM
Warm Up All Events 8:15AM
March In 9:45AM
Awards 11:30AM

Session 5 - Level 5 Modified Warm Up

Open Stretch 12:45PM
Warm Up 1st Event 1:00PM
March In 1:15PM
Awards 3:15PM

For additional information contact:

iowaGymInvite@gmail.com

<https://iowagyminvite.wixsite.com/emerge-academy>