



# 2025 Gopher Invite Schedule

## Concordia University – Gangelhoff Center

### Friday, January 10, 2025

#### Session #1

#### Level 7

**Level 7:** Legacy (6) Gleason's (4) Midwest (9) Giant (2) Classic-Chan. (7) Laketown (3) NSGA (6) Jam Hops (6) Legacy (6) Jam Hops AR (2) Power & Grace (2) Grand Rapids (9) Flyways North (2) NBGC (5) Classic-West (5) Elite (6) Great Northern (2)

**\*\* Teams listed twice are split into two squads**

7:40 AM	Doors Open
8:00 AM	Stretch
8:20 AM	Introductions
11:15 AM	Awards

#### Session #2

#### Level 6

**Level 6:** Dynamics (10) Jam Hops (8) Legacy (9) NSGA (5) Power & Grace (3) Midwest (5) Giant (5) Calvary (5) NBGC (5) Legacy (5) Elite (2) Granite City (1) Jam Hops AR (1) Laketown (2) Great Northern (4)

11:30 AM	Stretch
11:50 AM	Introductions
3:00 PM	Awards

#### Session #3

#### Level Gold

**Gold:** Laketown (9) Gleason's (10) Classic-East (10) TAGS S (10) Power & Grace (9) Gleason's (9) Team Up (8) TAGS S (9)

**\*\* Teams listed twice are split into two squads**

3:15 PM	Stretch
3:35 PM	Introductions
6:00 PM	Awards



## Friday, January 10, 2025

### **Session #4**

### **Gold**

**Gold:** Classic-Chan. (12) Elite (12) Flyaways North (11) NBGC (12) Classic-Chan (12) Elite (11) Classic-Blaine (6) NSGA (5) NSGA (10) Giant (4)

**\*\* Teams listed twice are split into two squads**

6:15 PM	Stretch
6:35 PM	Introductions
9:15 PM	Awards

## Saturday, January 11, 2025

### **Session #5**

### **Platinum, Diamond, Sapphire**

**Platinum:** Dynamic Flights (5) Jam Hops AR (2) Power & Grace (5) Flyaways North (6) NBGC (2) Gleason's (7)

**Diamond & Sapphire:** Dynamic Flights (3) Classic-Chan (9) Classic-West (4) Elite (3) Spirit (1) Laketown (9) Laketown (2) Classic-East (2) NSGA (4)

**\*\* Teams listed twice are split into two squads**

8:40 AM	Doors Open
9:00 AM	Stretch
9:20 AM	Introductions
12:00 PM	Awards

### **Session #6**

### **Level 8**

**Level 8:** Jam Hops (7) Midwest (5) Classic-West (1) Giant (4) Granite City (2) Power & Grace (2) NBGC (4)

Jam Hops (6) NSGA (8) Laketown (1) Grand Rapids (3) Great Northern (1) Team Up (3) Spirit (1)

**\*\* Teams listed twice are split into two squads**

12:15 PM	Stretch
12:35 PM	Introductions
2:45 PM	Awards



## **Saturday, January 11, 2025**

### **Session #7**

### **Level 9 & 10**

**Level 9:** Calvary (3) Giant (3) Grand Rapids (3) NSGA (3) Great Northern (2) Midwest (6) Team Up (1) Dynamics (1) K&G (3) Power & Grace (3) Jam Hops (10) Elite (4) Jam Hops AR (3) NBGC (1)

**Level 10:** Midwest (6) Calvary (1) Giant (1) Grand Rapids (2) KidSport (1) NSGA (2) Great Northern (1) K&G (2) Laketown (2) Jam Hops (1)

**\*\* Teams listed twice are split into two squads**

3:15 PM	Stretch
3:35 PM	Introductions
6:30 PM	Awards

## **Sunday, January 12, 2025**

### **Session #8**

### **Platinum**

**Platinum:** Classic-East (7) Laketown (2) Classic-Chan (10) Elite (9) NSGA (10) Team Up (11) Classic-Chan. (7) Classic-NW (2) TAGS S (4) Classic-West (4) Classic-Blaine (2) Spirit (3)

**\*\* Teams listed twice are split into two squads**

8:40 AM	Doors Open
9:00 AM	Stretch
9:20 AM	Introductions
12:15 PM	Awards

### **Session #9**

### **Level 4, 5 & Xcel Gold**

**Level 4/5:** Power & Grace (13) Team Up (5) Gleason's (6)

**Gold:** Dynamic Flights (10) Classic-West (5) Classic-NW (4) Dynamic Flights (5) Jam Hops AR (13)

**\*\* Teams listed twice are split into two squads**

1:00 PM	Stretch
1:20 PM	Introductions
4:00 PM	Awards



## **Sunday, January 12, 2025**

### **Session #10**

### **Level 3 & Xcel Bronze & Silver**

**Level 3:** Power & Grace (3) Gleason's (9)

**Bronze:** Power & Grace (10) Gleason's (9)

**Silver:** Power & Grace (13) NSGA (14) Power & Grace (9) NSGA (6) Gleason's (10) Team Up (4) Giant (1) Team Up (11)

**\*\* Teams listed twice are split into two squads**

4:15 PM	Stretch
4:45 PM	Introductions
7:30 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 20 minutes ahead of time of your session!**

Gymnasts Grams – Various Options from \$3-\$15

## **Coaches Information:**

\*All coaches must be registered through the USAG reservations.

\*Speith Equipment is being used with AAI Balance Beams and Spring Boards.

\*Modified Capital Cup Format

\*Drop 6 Rule on FX for warm ups.

\*Athletes check in with their coaches.

\*Award age groups are divided up equally in proscore

\*Coaches meeting 5 minutes after stretch begins at Vault.

\*Live Scoring: [www.scoreyourmeet.com](http://www.scoreyourmeet.com) , the USA App, Score Cat & MSO.