

2025 John Roethlisberger Iceberg Open Men's Competition Schedule

Meet Site: Concordia College St. Paul, MN

Jan 3, 2025



Final



Saturday February 1, 2025:

Modified Capitol Cup

Session 1	Level 5: (71 gymnasts)
8:00 am	Open Stretch
8:20 am	Team Introduction
8:30 am	Competition (Warm-up 14 min./rotation)
12:00 pm	Awards

Modified Capitol Cup

Session 2	Level 4 : (92 gymnasts)
12:20 pm	Open Stretch
12:40 pm	Team Introduction
12:50 pm	Competition (Warm-up 15 min./rotation)
4:00 pm	Awards

Modified Capitol Cup

Session 3	Level 10/ Gym Act MN-IA-KC (27 L 10 gymnasts)
4:50 pm	Open Stretch
5:10 pm	Team Introduction
5:20 pm	Competition (Warm up 15 min./rotation)
8:50 pm	Awards

Sunday February 2, 2025:

Modified Capitol Cup

Session 4 Level 3: (81 Gymnasts)
8:00 am Open Stretch
8:20 am Team Introduction
8:30 am Competition (Warm up 14 min./rotation)
11:15 am Awards

Modified Capitol Cup

Session 5 L6/8/9: (59 gymnast)
11:35 am Open Stretch
11:55am Team Introduction
12:05 pm Competition (Warm up 14 min./rotation)
3:15pm Awards

Modified Capitol Cup

Session 6 Level 7: (52 gymnasts)
3:35 pm Open Stretch
3:55 pm Team Introduction
4:05 pm Competition (Warm up 12 min/rotation)
6:45pm Awards