

Minnesota Kickoff Invitation

Hosted by: North Shore Gymnastics

December 7, 2025

Orono Activities Center, Orono, MN

Schedule-As of November 4, 2025

Sunday December 7, 2025 (Modified Capitol Cup)

Session 1---Level 3-4 (54 gymnast)

Doors Open: 8:00 am
Stretch: 8:00-8:20am
Introductions: 8:20-8:30am
1st event warm up (10 Min) 8:30-8:40am
Competition: 8:40am-11:20 pm
Awards: Conclusion of the competition

Competition Rotations

1. NSGA (L4/Elite L4)-----10 gymnasts
2. NSGA (L3), MAGS (L3)-----10 gymnasts
3. Elite (L3)-----11 gymnast
4. Jam Hops (L3-4)-----10 gymnast
5. North Crest (3-4)-----5 gymnast
6. Gleason's (L3-4)-----8 gymnast

Session 2---Level 5-10 (52 Gymnasts)

Doors Open: 12:15pm
Stretch: 12:15-12:35pm
Introductions: 12:35-12:45pm
1st event warm up (15 Min) 12:45-1:00pm
Competition: 1:00-5:00pm
Awards: Conclusion of competition

Competition Rotations

1. North Shore -----10 gymnasts
2. Jam Hops-----11 gymnasts
3. North Crest-----9 gymnasts
4. Elite (L5)-----7 gymnasts
5. Gleasons-----3 gymnasts
6. Elite (L7-10)-----13 gymnasts

