

Turkey Tumble

DATE: November 18-19, 2023

**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. 18, 2023

Session 1: Level 4

Level 4: Legacy (11), Mini Hops (10) Revolution (10) TAGS S (10) Revolution (5) Great Northern (6) TAGS S (11) TAGS EP (11) TAGS EP (11)

7:45 am

Doors Open

8:00 am

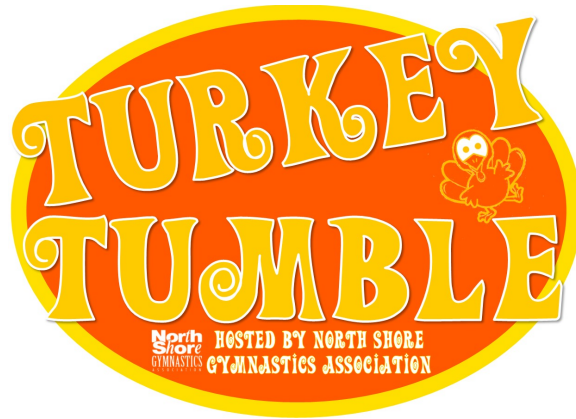
Stretch

8:20 am

March In

11:00 am

Awards



Session 2: Level 3 & 5

Level 3: Legacy (8) Midwest (5) Revolution (10) Midwest (10) Revolution (11)

Level 5: Mini Hops (8) TAGS S (4) NSGA (6) Perpetual Motion (7) Jam Hops (7)

Richfield (4) TAGS EP (8) Mankato (2) Great Northern (3)

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

Session 3: Level 3

Midwest (10) IGM (10) Mini Hops (10) NSGA (10) Flips (7) NSGA (5) Midwest (6)

Richfield (5) Jam Hops (10) IGM (5) Mankato (7)

3:00 pm	Stretch
3:20 pm	March In
6:15 pm	Awards

Session 4: Level 4

Midwest (8) Flips (10) Midwest (8) Perpetual Motion (6) Richfield (6) NSGA (7)

Mankato (7) Flips (4) Jam Hops (8) IGM (9) Jam Hops AR (8)

6:30 pm	Stretch
6:50 pm	March In
9:45 pm	Awards



Sunday, Nov. 19, 2023

Session 5: Bronze

Midwest (11) Perpetual Motion (13) Mini Hops (12) Jam Hops AR (9) Midwest (11) Perpetual Motion (14) Northern Twisters (9) Mankato (2) IGM (10)

7:45 am	Doors Open
8:00 am	Stretch
8:20 am	March In
10:15 am	Awards

Session 6: Bronze & Silver

Bronze: TCT (13) Richfield (9) TCT (5) Richfield (6) Shooting Stars (7) Jam Hops (9) Shooting Stars (10)

Silver: Jam Hops AR (8) Gym Bin (5) Shooting Stars (10) Northern Twisters (9) Mankato (2)

10:30 am	Stretch
10:50 am	March In
1:45 pm	Awards

Session 7: Silver

Silver: Midwest (11) Legacy (12) NSGA (12) Jam Hops (14) Midwest (5) Jam Hops (5) Legacy (13) NSGA (11) IGM (13)

2:00 pm	Stretch
2:20 pm	March In
5:30 pm	Awards

Session 8: Silver

TCT (12) Perpetual Motion (12) Mini Hops (6) Perpetual Motion (6) TCT (7) Richfield (5) TCT (12) Perpetual Motion (12) Mini Hops (10) Richfield (10)

5:45 pm	Stretch
6:05 pm	March In
8:45 pm	Awards

Spectator Information

\$15.00 Adult
\$10.00 Senior/Military ID
\$5.00 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.