



# Hosted by RGC Rebels

Meet Site: Kennedy Senior High School  
9701 Nicollet Avenue South, Bloomington, MN

**ADMISSION:** Adults: \$15, Senior (65+): \$10, Child (6-17): \$5, 5 & Under: Free  
**CASH ONLY**

Modified Capital Cup Format (2 sets of equipment)  
**\*\*Gyms with 12 or more may be split**

## Saturday, November 12, 2022

### SESSION 1: Xcel Bronze (89 gymnasts)

Crowleys (9), Farmington Twist N Tumble (7), Flex (9), IGM (10), J.E.T.S. (9), Midwest (13)\*\*, No Boundaries (15)\*\*, RGC (12)\*\*, ROGA (5)

8:00am Open Stretch  
8:15am Flight A Timed Warm-ups  
11:15am Awards

### SESSION 2: Xcel Silver (89 gymnasts)

Farmington Twist N Tumble (10), Flex (9), IGM (12)\*\*, J.E.T.S. (17)\*\*, Midwest (13)\*\*, No Boundaries (16)\*\*, RGC (12)\*\*

11:30am Open Stretch  
11:45am Flight A Timed Warm-ups  
2:00pm Awards

### SESSION 3: Xcel Silver, Level 3 & Level 5 (89 gymnasts)

**Xcel Silver:** Crowleys (12)\*\*, Dynamics (14)\*\*, ROGA (3)  
**L3:** Dynamics (7), IGM (8), J.E.T.S. (6), No Boundaries (8), RGC (8)  
**L5:** IGM (6), J.E.T.S. (3), No Boundaries (3), TAGS EP (9), TAGS South (2)

2:15pm Open Stretch  
2:30pm Flight A Timed Warm-ups  
5:15pm Awards

### SESSION 4: Level 4 (89 gymnasts)

Dynamics (10), Flips (11), IGM (3), J.E.T.S. (13)\*\*, No Boundaries (7), RGC (8), TAGS EP (21)\*\*,  
TAGS South (16)\*\*

5:30pm Open Stretch  
5:45pm Flight A Timed Warm-ups  
8:45pm Awards