



Advisory Board

Mike Burns
Bob Emery, MD
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Executive Director

Bob Wuornos, Ph.D.

2010 MIGS Program Men's Junior Olympic
National Open Team Cup Championships

March 12 & 13, 2010
At the Sports Pavilion
University of Minnesota

Schedule of Events*

(Tentative: Dependent upon the number of team entries)

Friday, March 12, 2010

Session 1: Preliminary Competition

Doors Open	Noon
Stretch	Noon – 12:30 p.m.
Controlled Warm-up	12:30 p.m.– 1:50 p.m.
March-in	1:50 p.m.
Competition	2:00 p.m.

Session 2: Preliminary Competition

Doors Open	5:00 p.m.
Stretch	5:00 p.m. - 5:20 p.m.
Controlled Warm-up	5:20 p.m.– 6:50 p.m.
March-in	6:50 p.m.
Competition	7:00 p.m.

Top 3 teams from preliminary competitions will compete on Saturday evening for the Team Cup Championship during the university competition.

Competition is limited to a total of 16 teams (8 per session). Sessions will be evenly balanced depending upon the number of team entries. Team placement into preliminary sessions will be based on the order entries are received with payment. The first 8 entries received will be placed into Session 2 and the remaining entries will be placed in Session 1.

Saturday, March 13, 2010

Session 3: Finals Competition (Top three teams from Friday's competition)

Doors Open	5:00 p.m.
Stretch	5:00 p.m. - 5:20 p.m.
Controlled Warm-up	5:20 p.m.– 6:50 p.m.
March-in	6:50 p.m.
Competition	7:00 p.m.

First 3 rotations: Vault, Parallel Bars, High Bar

Second 3 rotations: Floor Exercise, Pommel Horse, Still Rings

Note: *Finals competition will run in conjunction with the University meet.*

Entry deadline: *January 15, 2010*

Cost: *\$750/team, no individual entries. Team awards only.*

Competition Format: *Open optional competition. L-10 rules apply. 12-man team Maximum. 6 competitors per event, top 4 scores per event count for team score.*

Checks Payable to: MIGS Program **Send to:** MIGS Program
5215 3rd Avenue South
Minneapolis, MN 55419

Meet Director: Bob Wuornos

2010 MIGSP National Open Team Cup Championships March 12 & 13, 2010

REGISTRATION FORM

TEAM _____ Phone _____ E-mail _____
 Address _____ Mobile _____ FAX _____
 City _____ State _____ Zip _____

Coach _____ USAG# _____ Safety Cert (Exp.) _____ T-shirt Size _____
 Coach _____ USAG# _____ Safety Cert (Exp.) _____ T-shirt Size _____
 Coach _____ USAG# _____ Safety Cert (Exp.) _____ T-shirt Size _____

Gymnast's Name	USAG #	Birthday	Level	USAG Age	T-shirt Size
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

ENTRY FEES:

TEAM ENTRIES = \$750

TOTAL SUBMITTED: _____

Check Number: _____

CHECKS PAYABLE TO: MIGS Program

MAIL TO:

**MIGS Program
5215 3rd Ave. So.
Minneapolis, MN 55419**

ENTRY DEADLINE: January 15, 2010

Note: There is room for 16 teams in The MIGS Program National Open Team Cup Championships. Entrance to the competition will be based on the date of receipt of completed registration form and entry fee. The first 16 team entries received will be allowed to compete. All others will be returned via USPS.