

Friday, October 23, 2009

Session 1 - Level 4 (69 gymnasts)	
Registration	4:45 p.m.
Open Stretch	5:00 p.m.
Timed Warm-ups	5:30 p.m.
Line Up	6:45 p.m.
Competition Begins	7:00 p.m.
Contests & Awards	9:30 p.m.

Teams:

Crowleys (26), Flips (17)
Flyaways (21), Great Northern (5)



16th Annual Ghost & Goblin Invitational

Hosted by: Flyaways Gold & Flyaways Gold Booster Club
Meet Location: Flyaways Gold Gymnastics

255 7th Ave. NW, Suite A
Forest Lake, MN 55025
(651) 464-8648 www.flyawaysgymnastics.com

Saturday, October 24, 2009

Session 2 - Level 4 (59 gymnasts)	
Registration	7:45 a.m.
Open Stretch	8:00 a.m.
Timed Warm-ups	8:30 a.m.
Line Up	9:25 a.m.
Competition Begins	9:35 a.m.
Contests & Awards	11:35 p.m.

Teams:

Granite City (7), Gym-Nation (11)
Hudson (9), IGM (3), Dynamics (11)
North Crest (6), North Shore (12)

Sunday, October 25, 2009

Session 5 - Level 5 (66 gymnasts)	
Registration	7:45 a.m.
Open Stretch	8:00 a.m.
Timed Warm-ups	8:30 a.m.
Line Up	9:40 a.m.
Competition Begins	9:50 a.m.
Contests & Awards	12:00 p.m.

Teams:

Classic (11), Crowleys (14)
Great Northern (11), Gym-Nation (11)
Lakes Area Rec. (2), TAGS Eden Prairie (17)

Session 3 - Level 5 (68 gymnasts)	
Registration	12:00 p.m.
Open Stretch	12:15 p.m.
Timed Warm-ups	12:45 p.m.
Line Up	1:55 p.m.
Competition Begins	2:05 p.m.
Contests & Awards	4:35 p.m.

Teams:

Dynamics (13), Granite City (9), Hudson (6)
IGM (1), North Crest (6)
North Shore (15), TAGS South (18)

Session 6 - Level 6 (56 gymnasts)	
Registration	12:25 p.m.
Open Stretch	12:40 p.m.
Timed Warm-ups	1:10 p.m.
Line Up	2:10 p.m.
Competition Begins	2:20 p.m.
Contests & Awards	4:20 p.m.

Teams:

Crowleys (11), Flips (6), Great Northern (13)
Gym-Nation (5), Jam Hops (6), Northern Flight (3)
Rum River Gold (3), TAGS Eden Prairie (9)

Session 4 - Level 6 (57 gymnasts)	
Registration	5:05 p.m.
Open Stretch	5:20 p.m.
Timed Warm-ups	5:50 p.m.
Line Up	6:50 p.m.
Competition Begins	7:00 p.m.
Contests & Awards	9:00 p.m.

Teams:

Flyaways Gold (16), Granite City (7)
Hudson (6), North Crest (5)
North Shore (11), TAGS South (12)

Session 7 - Level 5 (70 gymnasts)	
Registration	4:45 p.m.
Open Stretch	5:00 p.m.
Timed Warm-ups	5:30 p.m.
Line Up	6:40 p.m.
Competition Begins	6:50 p.m.
Contests & Awards	9:20 p.m.

Teams:

Flips (20), Flyaways Gold (9)
Gymnastics Galaxy (12), Jam Hops (11)
Northern Flight (11), Rum River Gold (7)