



# WOLF DEN LOVE ALL AROUND MEET

**February 3-4, 2018**

Park High School  
Wolf Den Gymnastics Facility  
8040 80<sup>th</sup> Street South  
Cottage Grove, MN 55016

**Hosted by: Wolf Den Gymnastics Booster Club**

**Location:** Park High School. Competition will be held in the Main HS Gym (GYM A) and Warm-Up will be held in the Wolf Den Gymnastics Program Gym (GYM B).

**\*\*Please Enter through the Park High School MAIN FRONT Doors\*\***

**Admissions:** \$8.00 Adults, \$5.00 Children 5-12 years of age, 4 years of age and younger free. Cash only.

**Concessions:** There will be a variety of items for sale at concessions - cash only.

**Judges/Coaches Room:** We have a coaches/judges room located in a classroom near the Warm-Up gymnasium (Gym B). There will be food and beverages provided.

**Coaches – Please pick up your team folder at the admissions table. After reviewing the roster card in your team folder, please give it to the scoring table. Please verify that we have your correct rosters/age groups and identify any scratches or changes.**

**Music:** We have an auxiliary cord available for music played from your phone/iPad/mp3 player.

**March In:** Gymnasts should come prepared wearing their competition leotard. They will be competing immediately following their event warm up.

**PLEASE CONTACT EMI WITH ANY QUESTIONS:  
[parkwolfdengymnastics@gmail.com](mailto:parkwolfdengymnastics@gmail.com) 651-274-6403**



# Saturday, February 3<sup>rd</sup>, 2018 – SESSION 1

**Doors Open:** 7:30AM

**Coaches/Judges Meeting:** 7:30-7:40AM - Please be prompt. One coach from each club requested to attend in the coaches/judges room located in the classroom outside Gym B (Warm-Up Gym).

**General Stretch GYM A:** 7:40-8AM

**March In:** 8AM

**Capital Cup Format will begin immediately following March In and the National Anthem. 10 Minute warm-up followed by competition on each event.**

## Teams:

- |  |                              |
|--|------------------------------|
| 1. Premier Complex 1 Ice                 | 5. Wolf Den Black Wolves     |
| 2. Performance Elite 2 Flame             | 6. Performance Elite 1 Blaze |
| 3. Woodbury 2 Red                        | 7. Woodbury 1 Blue           |
| 4. St.Michael/Albertville–Golden Knights | 8. Owatonna Team 1 Voltage   |

10 Minute Warm Up – GYM B

## COMPETE – GYM A

Rotation	Vault		Bars		Beam		Floor	
	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A
Warm-Up		1		2		3		4
1	5	1	6	2	7	3	8	4
2	4	5	1	6	2	7	3	8
3	8	4	5	1	6	2	7	3
4	3	8	4	5	1	6	2	7
5	7	3	8	4	5	1	6	2
6	2	7	3	8	4	5	1	6
7	6	2	7	3	8	4	5	1
8		6		7		8		5

## Event and All-Around Awards:

1<sup>st</sup>-3<sup>rd</sup> Place Individual Medals for each event per age group

1<sup>st</sup>-6<sup>th</sup> Place Individual Medals for All-Around per age group

## Team Awards:

1<sup>st</sup>-3<sup>rd</sup> Place Banners

# Saturday, February 3<sup>RD</sup>, 2018 – SESSION 2

**Doors Open:** 11:30AM

**Coaches/Judges Meeting:** 11:30-11:40AM - Please be prompt. One coach from each club requested to attend in the coaches/judges room located in the classroom outside Gym B (Warm-Up Gym).

**General Stretch GYM B:** 11:40AM-Noon

**March In:** Noon

**Capital Cup Format will begin immediately following March In and the National Anthem. 10 Minute warm-up followed by competition on each event.**

## Teams:

- |  |  |
|--|--|
| 1. Bloomington Blue Jags                 | 5. Wolf Den Silver Wolves                |
| 2. St. Michael/Albertville–Noble Knights | 6. St. Michael/Albertville–Royal Knights |
| 3. Owatonna Team 3 Sparks                | 7. Premier Complex 3 Wind                |
| 4. Northwoods                            | 8. Performance Elite 3 Spark             |

10 Minute Warm Up – GYM B

## COMPETE – GYM A

Rotation	Vault		Bars		Beam		Floor	
	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A
Warm-Up		1		2		3		4
1	5	1	6	2	7	3	8	4
2	4	5	1	6	2	7	3	8
3	8	4	5	1	6	2	7	3
4	3	8	4	5	1	6	2	7
5	7	3	8	4	5	1	6	2
6	2	7	3	8	4	5	1	6
7	6	2	7	3	8	4	5	1
8		6		7		8		5

## Event and All-Around Awards:

- 1<sup>st</sup>-3<sup>rd</sup> Place Individual Medals for each event per age group
- 1<sup>st</sup>-6<sup>th</sup> Place Individual Medals for All-Around per age group

## Team Awards:

- 1<sup>st</sup>-3<sup>rd</sup> Place Banners

# Saturday February 3<sup>RD</sup>, 2018 – SESSION 3

**Doors Open:** 3:30PM

**Coaches/Judges Meeting:** 3:30-3:40PM - Please be prompt. One coach from each club requested to attend in the coaches/judges room located in the classroom outside Gym B (Warm-Up Gym).

**General Stretch GYM B:** 3:40-4PM

**March In:** 4PM

**Capital Cup Format will begin immediately following March In and the National Anthem. 10 Minute warm-up followed by competition on each event.**

## Teams:

- |                                |  |
|--------------------------------|--|
| 1. Premier Complex 8 Thunder   | 5. Bloomington Silver Jags               |
| 2. Premier Complex 7 Lightning | 6. Premier Complex 4 Earth               |
| 3. Woodbury 4 Bronze           | 7. Woodbury 3 Silver                     |
| 4. Performance Elite 4 Heat    | 8. St.Michael/Albertville–Mighty Knights |

10 Minute Warm Up – GYM B

## COMPETE – GYM A

Rotation	Vault		Bars		Beam		Floor	
	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A
Warm-Up		1		2		3		4
1	5	1	6	2	7	3	8	4
2	4	5	1	6	2	7	3	8
3	8	4	5	1	6	2	7	3
4	3	8	4	5	1	6	2	7
5	7	3	8	4	5	1	6	2
6	2	7	3	8	4	5	1	6
7	6	2	7	3	8	4	5	1
8		6		7		8		5

## Event and All-Around Awards:

- 1<sup>st</sup>-3<sup>rd</sup> Place Individual Medals for each event per age group
- 1<sup>st</sup>-6<sup>th</sup> Place Individual Medals for All-Around per age group

## Team Awards:

- 1<sup>st</sup>-3<sup>rd</sup> Place Banners

# Sunday, February 4th, 2018 – SESSION 1

**Doors Open:** 7:30AM

**Coaches/Judges Meeting:** 7:30-7:40AM - Please be prompt. One coach from each club requested to attend in the coaches/judges room located in the classroom outside Gym B (Warm-Up Gym).

**General Stretch GYM A:** 7:40-8AM

**March In:** 8AM

**Capital Cup Format will begin immediately following March In and the National Anthem. 10 Minute warm-up followed by competition on each event.**

## Teams:

- |                                    |                              |
|------------------------------------|------------------------------|
| 1. Highland Fireflies 2            | 5. East Ridge Raptors Team 2 |
| 2. Highland Fireflies 1            | 6. Highland Dragonflies      |
| 3. Premier Complex 6 Moons         | 7. Premier Complex 5 Suns    |
| 4. Stillwater Junior Ponies Team B | 8. Edina                     |

10 Minute Warm Up – GYM B

## COMPETE – GYM A

Rotation	Vault		Bars		Beam		Floor	
	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A
Warm-Up		1		2		3		4
1	5	1	6	2	7	3	8	4
2	4	5	1	6	2	7	3	8
3	8	4	5	1	6	2	7	3
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5	7	3	8	4	5	1	6	2
6	2	7	3	8	4	5	1	6
7	6	2	7	3	8	4	5	1
8		6		7		8		5

## Event and All-Around Awards:

1<sup>st</sup>-3<sup>rd</sup> Place Individual Medals for each event per age group

1<sup>st</sup>-6<sup>th</sup> Place Individual Medals for All-Around per age group

## Team Awards:

1<sup>st</sup>-3<sup>rd</sup> Place Banners

# Sunday, February 4<sup>th</sup>, 2018 – SESSION 2

**Doors Open:** 11:30AM

**Coaches/Judges Meeting:** 11:30-11:40AM - Please be prompt. One coach from each club requested to attend in the coaches/judges room located in the classroom outside Gym B (Warm-Up Gym).

**General Stretch GYM B:** 11:40AM-Noon

**March In:** Noon

**Capital Cup Format will begin immediately following March In and the National Anthem. 10 Minute warm-up followed by competition on each event.**

## Teams:

- |                                    |                              |
|------------------------------------|------------------------------|
| 1. River Falls 3 Super Nova        | 5. Wolf Den White Wolves     |
| 2. River Falls 2 Eclipse           | 6. River Falls 1 Equinox     |
| 3. Stillwater Junior Ponies Team A | 7. East Ridge Raptors Team 1 |
| 4. Highland Dragons                | 8. Premier Complex 2 Fire    |

10 Minute Warm Up – GYM B

**COMPETE – GYM A**

Rotation	Vault		Bars		Beam		Floor	
	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A
Warm-Up		1		2		3		4
1	5	1	6	2	7	3	8	4
2	4	5	1	6	2	7	3	8
3	8	4	5	1	6	2	7	3
4	3	8	4	5	1	6	2	7
5	7	3	8	4	5	1	6	2
6	2	7	3	8	4	5	1	6
7	6	2	7	3	8	4	5	1
8		6		7		8		5

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## Team Awards:

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