

Sunday January 5th 2025

Location:

Farmington High School, 20655 Flagstaff Ave, Farmington, MN 55024

Admissions: (Cash Only)

\$10 Adults & Children over 5 years of age

Available at the meet:

- Concessions (Cash only)
- Dash for Cash (Cash only)
- Custom T-shirt Vendor
- Candy Grams (Cash Only)

Teams:

1. Premier Earth
2. Premier Moon
3. Premier Sun
4. Premier Fire
5. New Hope
6. New Hope
7. St. Paul Aerials Blue Diamonds
8. St. Paul Aerials Blue Flames

Schedule:

- Doors Open: 8:00am
- Timed Warm Up: 8am – 9am
- March In: 9am
- Meet Begins: 9:15am

Rotations: Meet is being held Modified Capital Cup

Round	Time	Vault	Bye	Bars	Bye	Beam	Bye	Floor	Bye
1	8:45am – 9:10am	2	3	4	5	6	7	8	1
2	9:10am – 9:35am	1	2	3	4	5	6	7	8
3	9:35am – 10 am	8	1	2	3	4	5	6	7
4	10:00am – 10:25am	7	8	1	2	3	4	5	6
5	10:25am – 10:50am	6	7	8	1	2	3	4	5
6	10:50am – 11:15am	5	6	7	8	1	2	3	4
7	11:15am – 11:40am	4	5	6	7	8	1	2	3
8	11:40am – 12:05pm	3	4	5	6	7	8	1	2

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Teams:

1. Farmington Falcons
2. Rosemount
3. Rosemount
4. Rosemount
5. Premier Summit
6. Premier Ice
7. Premier Solstice
8. St. Paul Aerials Silver Sharks

Schedule:

- Doors Open: 1pm
- Timed Warm Up: 1pm – 1:30pm
- March In: 1:30pm
- Meet Begins: 1:45pm

Rotations: Meet is being held Modified Capital Cup

Round	Time	Vault	Bye	Bars	Bye	Beam	Bye	Floor	Bye
1	1:45pm – 2:10pm	2	3	4	5	6	7	8	1
2	2:10pm – 2:35pm	1	2	3	4	5	6	7	8
3	2:35pm – 3:00pm	8	1	2	3	4	5	6	7
4	3:00pm – 3:25pm	7	8	1	2	3	4	5	6
5	3:25pm – 3:50pm	6	7	8	1	2	3	4	5
6	3:50pm – 4:15pm	5	6	7	8	1	2	3	4
7	4:15pm – 4:40pm	4	5	6	7	8	1	2	3
8	4:40pm – 5:05pm	3	4	5	6	7	8	1	2