



MIGS Program
4930 Lyndale Avenue South
Minneapolis, MN 55419
612-270-9507

2019 MIGS PROGRAM MEN'S JUNIOR NATIONAL INVITATIONAL & OPEN TEAM CUP

**March 1-3, 2019
Field House
University of Iowa
Iowa City, IA**



MIGSP PROGRAM MISSION:

**To preserve, protect, enhance and expand collegiate gymnastic opportunities
for current and future generations of gymnasts.**

**For more information, contact:
Bob Wuornos, Meet Director
MIGSP1@msn.com**



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Schedule of Events

(Final Schedule of Events)

Location:

Field House, University of Iowa

FRIDAY, March 1, 2019

SESSION A: Levels 9, & 10 Invitational and Open Team Cup Preliminary Round (See Note #1)

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

SATURDAY, March 2, 2019

SESSION B: Level 7, 8 & JD

Doors Open	8:00 a.m.
Stretch	8:00 – 8:20 a.m.
Controlled Warm-up	8:20-9:20 a.m.
March in	9:20 a.m.
Competition	9:30 a.m.
Awards	Following Competition

SESSION C: Level 4

Stretch	1:00 p.m.
Controlled warm-Up	1:20 p.m.
March in	2:20 p.m.
Competition	2:30 p.m.
Awards	Following Competition

SESSION D: Team Cup Finals

(In conjunction with the University of Iowa vs University of Nebraska at Carver-Hawkeye Arena)

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

SUNDAY, March 3, 2019

SESSION F Level 5

Stretch	9:00 - 9:20 a.m.
Warm-up	9:20 - 10:50 a.m.
March-in	10:50 a.m.
Competition	11:00 a.m.
Awards	Following Competition

SESSION G Level 6

Stretch	2:00 - 2:20 p.m.
Warm-up	2:20 - 3:50 p.m.
March-in	3:50 p.m.
Competition	4:00 p.m.
Awards	Following Competition

Team Cup Rules

Note #1: Team Cup Participants will qualify for Finals by competing in the Invitational Competition on Friday. Team may use Level 9 & 10 gymnasts to fill their Team Roster and all gymnasts will be evaluated according to Junior Olympic Level 10 Rules. Top 6 teams will qualify for Finals on Saturday Evening.

If you designate a gymnast on your Team Cup Roster, he will be evaluated according to his USAG Level for his Invitational Competition Level and also be evaluated as a Junior Olympic Level 10 for Team Cup Qualifying purposes. You must designate your Team Cup Roster prior to the beginning of competition.

ONWARD & UPWARD



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All entries accepted on a 'first come first served' basis.
REGISTRATION FORM

TEAM _____ Phone _____ E-mail _____
 Address _____ FAX _____
 Club USAG #: _____ City _____ State _____ Zip _____
 Coach _____ USAG# _____ Safety Cert (Exp.) _____
 Coach _____ USAG# _____ Safety Cert (Exp.) _____
 Coach _____ USAG# _____ Safety Cert (Exp.) _____

Please enter names in order from Level 4 through Level 10

	Gymnast's Name	USAG #	Birthday	Level	Division
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

ENTRY FEES:

INDIVIDUAL ENTRIES

_____ # of Level 5 – 10 (x \$100) = _____
 _____ # of Level 4 (x \$90) = _____

TOTAL = _____

TEAM ENTRIES (x \$75)

_____ Level 10
 _____ Level 9
 _____ Level 8
 _____ JD
 _____ Level 7
 _____ Level 6
 _____ Level 5
 _____ Level 4

_____ **TOTAL (x \$75) = _____**

TOTAL SUBMITTED

Individual Fees = _____
 +
 Team Fees = _____
TOTAL FEES = _____
 Check # _____

CHECKS PAYABLE TO: MIGS Program

MAIL TO:

MIGS Program
C/O Bob Wuornos
4930 Lyndale Avenue South
Minneapolis, MN 55419

ENTRY DEADLINE: January 15, 2019



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TEAM CUP REGISTRATION

The purpose of the Team Cup Competition is to provide athletes with an experience similar to that which they might experience as a college gymnast. The **top three teams** from Friday evening competition will compete on the floor on Saturday afternoon. After the Team Cup competition that evening, you will be able to observe a great men's collegiate competition between the University of Iowa vs the University of Nebraska.

The 2019 MIGS Program National Invitational on Friday serves as the qualifying meet for the Team Cup on Saturday. Therefore, any athlete competing in the Team Cup Competition **must** compete in the Friday Session as a Level 9 or 10. A Team may use athletes in L-9 & L-10 in the Team Cup Competition. However, all competitors in the Team Cup Competition will be evaluated according to Junior Olympic Level 10 Rules. Therefore, a gymnast competing in the Team Cup Preliminary will receive a score based on respective rules for their Primary Level plus a score based on Junior Olympic Level 10 Rules during the Invitational Competition on Friday for qualifying purposes.

Competition rules for the Team Cup are as follows:

- 12 man Roster (You will fill out your roster prior to Friday's competition.)
- 5 designated gymnasts compete per event
- 5 scores per event count toward final team score

The Entry Fee for Team Cup Competition is an additional non-refundable \$200/Team above and beyond the registration fees associated with the National Invitational.

If you choose to compete in the Team Cup, please fill out the form below and submit it along with your other registration material and attach a separate check for \$200 made out to the MIGS Program.

TEAM CUP REGISTRATION FORM

Team Name: _____ USAG Club #: _____
Coach: _____ USAG Pro # _____
Coach: _____ USAG Pro # _____
Coach: _____ USAG Pro # _____

Team Entry Fee: \$200

Separate Check Payable to: MIGS Program

Entry Deadline: January 15, 2019

Mail Entry Form and Check to:

MIGS Program
C/O Bob Wuornos
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T-Shirt Order FORM

TEAM _____ Phone _____ E-mail _____
 Address _____ FAX _____
 Club USAG #: _____ City _____ State _____ Zip _____
 Coach _____
 Coach _____
 Coach _____

Please enter names in order from Level 4 through Level 10

Gymnast's Name	T-Shirt Size	\$20/Shirt
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

T-shirt order deadline is January 15, 2019 Total by Size x \$20.00

		____ YS	x \$20	= _____
		____ YM	x \$20	= _____
		____ YL	x \$20	= _____
		____ AS	x \$20	= _____
TOTAL	= _____	____ AM	x \$20	= _____
		____ AL	x \$20	= _____
		____ AXL	x \$20	= _____
		____ A2XL	x \$20	= _____
		____ Total #		Total Due= _____

CHECKS PAYABLE TO: MIGS Program

MAIL TO:
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ADVERTISE IN THE 2019 MIGS INVITATIONAL MEET PROGRAM

You can help us achieve our Mission by advertising or by placing your team photo in the 2019 Meet Program.

This year, we are making direct contributions to:

- University of Iowa Men's Gymnastic Team
- University of Nebraska Men's Gymnastic Team

So, please help if you can.

Coaches, please distribute this information to all Club owners, parents of all gymnasts and business owners who may be interested in helping.

RATES:

Full page = \$400
Half page = \$250
Quarter page = \$150
Business card = \$75

COPY:

All advertising and photos must be copy ready in black and white format. (All images are subject to review and approval for appropriate content. We reserve the right to accept or reject any and all submitted material.)

STATEMENT FOR INCLUSION:

Please state somewhere on your advertisement or photo:

“(Our Business/Team) supports the Mission of the Men’s Intercollegiate Gymnastic Support Program”.

Order Form

Name: _____ Full Page Half Page

Address: _____ State: _____ Zip: _____ Qtr Page Bus Card

Phone: ___-___-_____ Email: _____

Amount Enclosed: \$ _____

SUBMIT:

Check #: _____

All copy ready material and payment must be submitted by January 15, 2019. Mail to:

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Your support of this effort will go a long way toward making sure all the young gymnasts in this competition and across the country will have an opportunity to pursue their dream of competing as a varsity college gymnast when it is their turn.

Thank you for your kind consideration in this matter.

---Bob Wuornos