

# Spirit of the North Information

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**Date: September 30 - October 2, 2022**

**Location: St. Cloud River's Edge Convention Center**

**Levels: Bronze, Silver, 3,4,5**

**Cost: \$95 Individual, Team \$55**

**Make checks payable to:**

**North Crest Kids Activity Center**

**1009 Industrial Dr. S.**

**Sauk Rapids, MN 56379**

**Admission: \$20 adults/\$10 youth, military, seniors**

**HOST HOTEL:**

**Kelly Inn/Best Western Plus**

**100 4th Ave S**

**St. Cloud, MN 56301**

**320-253-0606**

Click [here](#) for reservations



Please email questions to [pmstone1@gmail.com](mailto:pmstone1@gmail.com)



**Don't miss out on our Optional/Gold + Meet  
February 3-5, same great location, same great price  
\$95 Individual, Team \$55  
Register today on USAG  
Contact [pmstone1@gmail.com](mailto:pmstone1@gmail.com) with questions**

# Spirit of the North Meet Schedule

Saturday, October 1

\*These levels will need more than 1 coach, #'s are designated

## Session 1 - Compulsory

**Side A (Level 3 and 5)** Great Northern Level 5 (1), North Crest Level 5 (7), Classic NW Level 5 (5), Classic W Level 5 (5), MN Flyers Level 5 (2), MN Flyers Level 3 (11), Park Rapids Level 3 (3), Grand Rapids Level 3 (4), \*North Crest Level 3 (6) (9)

**Side B (Level 4)** Classic W (4), Park Rapids (7), MN Flyers (9), Great Northern (8), Grand Rapids (7), \*North Crest (3) (4)

8:00am open stretch

8:20am march in

8:30am timed warm up

8:45am competition starts

Awards (Immediately following)

## Session 2 - Bronze/Silver

**Side A Silver** Grand Rapids (10), Classic Blaine (7), Duluth (10), Flyaways North (11)

**Side B Bronze** \*Dyn Flight(8) (7) North Crest (5), NBACE (7),

12:30pm open stretch

12:50pm march in

1:00pm timed warm up

1:10pm competition starts

Awards (Immediately following)

## Session 3 - Bronze/Bronze

**Side A Bronze** Classic W (13), Flyaways North (13), \*Big Lake (8) (8)

**Side B Bronze** Classic NW (5), Duluth (11), Grand Rapids (11), Jam Hops (9)

3:30pm open stretch

3:50pm march in

4:00pm timed warm up

4:10pm competition starts

Awards (Immediately following)

## Session 4 - Silver/Silver

**Side A** \*Classic W (9) (8), Dynamic Flights (10), \*North Crest (8),

**Side B** \*North Crest(6) , Classic NW (6). Big Lake (8) , NBACE (5)

6:00pm warm up

6:20 march in

6:30 timed warm up

6:45 competition starts

Awards (Immediately following, estimate 8:30pm)

