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## HEART OF THE VALLEY YMCA TURKEY INVITATIONAL SCHEDULE



There will be no rotation for bar settings. Please check bar sets before timed warm ups begin. We will be following a modified traditional meet format.

Vault and balance beam will be located in the Endries Gymnasium. Floor and uneven bars will be located in the Geerts Gymnastics Center.

Awards Ceremonies will be in the Van Hoof Gymnasium.

Thank you to our judges and volunteers for their hard work throughout the weekend! We appreciate your help to make this a successful meet!

Good luck gymnasts!

### Friday, November 7, 2025

#### Session I: Level 7, 8, Platinum, Diamond, Sapphire

Open Stretch/Bar Sets/March In: 5:00 p.m.  
Timed Warm-ups and Competition: 5:20-9:50 p.m.  
Awards following this session.

#### **Warm-ups and Competition**

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**Lvl 7: Heart of the Valley (7), Lvl 8: Heart of the Valley (2), Lvl 8: Door County, (2) Lvl 8: Kettle Moraine (1), Lvl 7: Kettle Moraine (4)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

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**Lvl 7: Green Bay (6), Lvl 7: Stevens Point (4), Lvl 8: Stevens Point (1), Lvl 8: South Wood County (1), Lvl 8: Wausau (1), Lvl 7: Wausau (3)**

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

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**Lvl 7: Sheboygan (2), XP: Sheboygan (4), XSa: Sheboygan (1), Lvl 8: Sheboygan (2), Lvl 8: Marinette Menominee (1), Lvl 7: Marinette Menominee (4), Lvl 7: Green County (2)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

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**Lvl 7: Manitowoc (2), Lvl 7: Eau Claire (4), XD: Eau Claire (1), XP: Eau Claire (3), XP: Green Bay (4), Lvl 8: Green Bay (1)**

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

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# Saturday, November 8, 2025

## Session II: Level 4, 5

Open Stretch/Bar Sets/March In: 8:00 a.m.  
Timed Warm-ups and Competition: 8:20-12:00 p.m.  
Level 5 awards following this session.  
Level 4 awards following session three.

### Warm-ups and Competition

**Lvl 4: South Wood County (8), Lvl 5: Heart of the Valley (8), Lvl 5: Stevens Point (2)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

**Lvl 5: Heart of the Valley (7), Lvl 5: Wausau (7), Lvl 5: Green Bay (5)**

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

**Lvl 5: Sheboygan (6), Lvl 5: Eau Claire (6), Lvl 5: Green County (2), Lvl 4: Green County (4)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

**Lvl 4: Kettle Moraine (10), Lvl 4: Manitowoc (8), Lvl 5: Manitowoc (1)**

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

## Session III: Level 4

Open Stretch/Bar Sets/March In: 12:10 p.m.  
Timed Warm-ups and Competition: 12:30-4:10 p.m.  
Awards following this session.

### Warm-ups and Competition

**Heart of the Valley (10), Eau Claire (9)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

**Green Bay (10), Heart of the Valley (9)**

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

**Sheboygan (10), Wausau (7)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

**Wausau (7), Stevens Point (5), Marinette Menominee (5)**

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

## Session IV: Level 6

Open Stretch/Bar Sets/March In: 4:20 p.m.  
Timed Warm-ups and Competition: 4:40-9:00 p.m.  
Awards following this session.

### Warm-ups and Competition

**Heart of the Valley (6), Green Bay (7), Marinette Menominee (4)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

**Green Bay (7), Heart of the Valley (5), Wausau (2), Green County (1)**

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

**Kettle Moraine (7), Sheboygan (5), South Wood County (3)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

**Stevens Point (5), Kettle Moraine (6), Eau Claire (4), Manitowoc (2)**

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

**Sunday, November 9, 2025**

### **Session V: Level 3, Xcel Silver**

Open Stretch/Bar Sets/March In: 8:00 a.m.  
Timed Warm-ups and Competition: 8:20-11:00 a.m.  
Xcel Silver awards following this session.  
Level 3 awards following session four.

#### **Warm-ups and Competition**

**Lvl 3: Wausau (12), Silver: Door County (7)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

**Silver: Kettle Moraine (8), Silver: Green Bay (7)**

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

**Lvl 3: Green County (6), Lvl 3: South Wood County (8), Silver: Kettle Moraine (8)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

**Silver: Door County (8), Silver: Green Bay (8)**

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

### **Session VI: Level 3**

Open Stretch/Bar Sets/March In: 11:10 a.m.  
Timed Warm-ups and Competition: 11:30-2:15 p.m.  
Awards following this session.

#### **Warm-ups and Competition**

**Heart of the Valley (12)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

**Heart of the Valley (11), Lvl 3: Green Bay (9)**

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

**Wausau (12), Manitowoc (7)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

**Lvl 3: Green Bay (9), Wausau (12)**

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

### **Session VII: Level 2**

Open Stretch/Bar Sets/March In: 2:25 p.m.  
Timed Warm-ups and Competition: 2:45-4:30 p.m.  
Awards following this session.

#### **Warm-ups and Competition**

**Heart of the Valley (7), Wausau (11)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

**Heart of the Valley (8), Wausau (10)**

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

**Green Bay (10), Green County (10)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

**Green Bay (10), South Wood County (5)**

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

## Session VIII: Xcel Gold

Open Stretch/Bar Sets/March In: 4:40 p.m.  
Timed Warm-ups and Competition: 5:00-7:30 p.m.  
Awards following this session.

### **Warm-ups and Competition**

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#### **Kettle Moraine (7), Green Bay (7)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

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#### **Kettle Moraine (7), Green Bay (7)**

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

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#### **Door County (12)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

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#### **South Wood County (6), Marinette Menominee (3), Manitowoc (2)**

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

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