



2025 MONAWGJ JUDGES CUP SCHEDULE

St. Louis Community College Flo Valley
PE Gymnasium
3400 Pershall RD. St. Louis MO 63135

SATURDAY 11/8/2025

DOORS OPEN AT 7:45 AM

SESSION 1

LEVEL 4, 5 & Xcel Gold

8:00 - 8:15 AM OPEN STRETCH
8:15 - 8:20 AM MARCH IN
8:20 AM WARM UP 1 ST EVENT & COMPETITION

SESSION 2

Xcel Platinum & Diamond

12:00-12:15 PM OPEN STRETCH
12:15-12:20 PM MARCH IN
12:20 WARM UP 1 ST EVENT & COMPETITION

SESSION 3

Level 6 & 7

2:45-3:00 PM OPEN STRETCH
3:00-3:05 PM MARCH IN
3:05 WARM UP 1 ST EVENT & COMPETITION

SESSION 4

Level 3

6:00-6:15 PM OPEN STRETCH
6:15-6:20 PM MARCH IN
6:20 WARM UP 1 ST EVENT & COMPETITION

SUNDAY 11/9/2025

DOORS OPEN AT 7:45 AM

SESSION 5

XCEL Silver 9 & Under & 12 & Up

8:00 - 8:15 AM OPEN STRETCH
8:15 - 8:20 AM MARCH IN
8:20 AM WARM UP 1 ST EVENT & COMPETITION

SESSION 6

Xcel Silver 10 & 11 Year Olds

10:15- 10:30 AM OPEN STRETCH
10:30-10:35 AM MARCH IN
10:40 AM WARM UP 1 ST EVENT & COMPETITION

SESSION 7

Level 2 & Xcel Bronze

12:30-12:45PM OPEN STRETCH
12:45- 12:50 PM MARCH IN
12:50 WARM UP 1 ST EVENT & COMPETITION

Highlights of the weekend!

• “Teddy Bear” all around awards

• Teddy Bear cookies for all gymnasts

• Gymnasts Shout-Outs all weekend