Cooler by the Lake
October 24, 2026

Meet Site: Superior Middle School
3626 Hammond Ave. Superior, WI 54880
Admission: Adults $20.00 Sr. & Children (5-17) $10.00
(Cash, Check, Venmo, or PayPal)
Modified Capital Cup Format – NSGEL Equipment

Session 1: Bronze (51 Gymnasts)

8:00 Stretch
8:15 Warmup
8:25 Team Intro
8:35 Competition
Awards to Follow

Session 2: Silver (47 Gymnasts)

10:00 Stretch
10:15 Warmup
10:25 Team Intro
10:35 Competition
Awards to Follow

Session 3: Level 2 & 3 (51 Gymnasts)

1:00 Stretch
1:15 Warmup
1:25 Team Intro
1:35 Competition
Awards to Follow

Session 4: Level 4 & 5 (62 Gymnasts)

3:30 Stretch
3:45 Warmup
4:00 Team Intro
4:10 Competition
Awards to Follow