



2003 TURKEY TUMBLE

COMPETITION SCHEDULE



10/31/03 2:10 PM

FRIDAY, NOVEMBER 21, 2003

SESSION ONE - CAPITOL CUP FORMAT

Level 4 - Ages 9 and 10 **79 Gymnasts**
4:00-4:20 General Stretch
4:20-4:35 1st event Warm Up Flight A
4:35-4:45 March In both Flights
4:45-8:05 Competition

SATURDAY, NOVEMBER 22, 2003

SESSION TWO - CAPITOL CUP FORMAT

Level 4 - Ages 7 and 11 & older **61 Gymnasts**
8:00-8:20 General Stretch
8:20-8:35 1st Event Warm Up Flight A
8:35-8:45 March In both Flights
8:45-11:25 Competition

SESSION THREE - CAPITOL CUP FORMAT

Level 4 - Ages 6 and 8 **56 Gymnasts**
11:25-11:45 General Stretch
11:45-12:00 1st Event Warm Up Flight A
12:00-12:10 March In both Flights
12:10-2:50 Competition

SESSION FOUR - CAPITOL CUP FORMAT

Level 6 - Ages 8 & 9 and 12 & older **48 Gymnasts**
3:00-3:20 General Stretch
3:20-3:30 1st Event Warm Up Flight A
3:30-3:40 March In both Flights
3:40-5:30 Competition

SESSION FIVE - CAPITOL CUP FORMAT

Level 6 - Ages 10 and 11 **46 Gymnasts**
5:30-5:50 General Stretch
5:50-6:00 1st Event Warm Up Flight A
6:00-6:10 March In both Flights
6:10-8:10 Competition

SUNDAY, NOVEMBER 23, 2003

SESSION SIX - CAPITOL CUP FORMAT

Level 5 - Ages 9 and 10 **80 Gymnasts**
9:00-9:20 General Stretch
9:20-9:35 1st Event Warm Up Flight A
9:35-9:45 March In both Flights
9:45-1:05 Competition

SESSION SEVEN - CAPITOL CUP FORMAT

Level 5 - Ages 7 & 8 and 11 & older **80 Gymnasts**
1:05-1:25 General Stretch
1:25-1:40 1st Event Warm Up Flight A
1:40-1:50 March In both Flights
1:50-5:10 Competition