



2004 TURKEY TUMBLE

COMPETITION SCHEDULE



10/21/04 9:56 AM

FRIDAY, NOVEMBER 19, 2004

SESSION ONE - MODIFIED CAPITOL CUP FORMAT

Level 6 - Ages 11 & under 43 Gymnasts
 3:00-3:20 General Stretch
 3:20-3:30 March In
 3:30-5:30 Competition

SESSION TWO - MODIFIED CAPITOL CUP FORMAT

Level 6 - Ages 12 & older 47 Gymnasts
 5:30-5:50 General Stretch
 5:50-6:00 March In both Flights
 6:00-8:00 Competition

SATURDAY, NOVEMBER 20, 2004

SESSION THREE - CAPITOL CUP FORMAT

Level 4 - Ages 6 and 7 56 Gymnasts
 8:00-8:20 General Stretch
 8:20-8:30 1st Event Warm Up Flight A
 8:30-8:40 March In both Flights
 8:40-10:40 Competition

SESSION FOUR - CAPITOL CUP FORMAT

Level 4 - Age 8 64 Gymnasts
 11:00-11:20 General Stretch
 11:20-11:30 1st Event Warm Up Flight A
 11:30-11:40 March In both Flights
 11:40-2:20 Competition

SESSION FIVE - CAPITOL CUP FORMAT

Level 4 - Ages 9 and 11 64 Gymnasts
 2:30-2:50 General Stretch
 2:50-3:00 1st Event Warm Up Flight A
 3:00-3:10 March In both Flights
 3:10-5:50 Competition

SESSION SIX - CAPITOL CUP FORMAT

Level 4 - Ages 10 and 12 & older 61 Gymnasts
 6:00-6:20 General Stretch
 6:20-6:30 1st Event Warm Up Flight A
 6:30-6:40 March In both Flights
 6:40-9:20 Competition

SUNDAY, NOVEMBER 21, 2004

SESSION SEVEN - CAPITOL CUP FORMAT

Level 5 - Ages 9 and 12 & older 70 Gymnasts
 8:00-8:20 General Stretch
 8:20-8:30 1st Event Warm Up Flight A
 8:30-8:40 March In both Flights
 8:40-11:30 Competition

SESSION EIGHT - CAPITOL CUP FORMAT

Level 5 - Ages 7, 8, and 11 63 Gymnasts
 11:30-11:50 General Stretch
 11:50-12:00 1st Event Warm Up Flight A
 12:00-12:10 March In both Flights
 12:10-3:00 Competition

SESSION NINE - CAPITOL CUP FORMAT

Level 5 - Age 10 61 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
 3:40-6:30 Competition