

Capitol City Gymnastics 2017 Rookie Challenge

Sunday, October 15th

Session 1

7:30 a.m.

7:45 a.m. - 8:15 a.m.

8:15 a.m. - 8:30 a.m.

8:30 a.m. - 8:45 a.m.

8:45 a.m. - 11:00 a.m.

11:00 a.m. - 11:30 a.m.

Session 2

11:45 p.m.

12:00 p.m. - 12:30 p.m.

12:30 p.m. - 12:45 p.m.

12:45 p.m. - 1:00 p.m.

1:00 p.m. - 3:15 p.m.

3:15 p.m. - 3:45 p.m.

Session 3

4:00 p.m.

4:15 p.m. - 4:45 p.m.

4:45 p.m. - 5:00 p.m.

5:00 p.m. - 5:15 p.m.

5:15 p.m. - 7:30 p.m.

7:30 p.m. - 8:00 p.m.

Level 2 & 4

Check-in

General Stretch

Introductions

Timed Warm Up

Competition

Awards

Level 3

Check-in

General Stretch

Introductions

Timed Warm Up

Competition

Awards

Level 5 & Excel

Check-in

General Stretch

Introductions

Timed Warm Up

Competition

Awards

All Sessions will be run in Modified Capitol Cup format

Competition will be held at Capitol City Gymnastics

3518 Rohr Rd, Groveport Oh 43125

614-409-7655

Adults Admission - \$5.00