



8th ANNUAL CARTWHEELS & PINWHEELS GYMNASTICS MEET
"Kids Competing Against Cancer"
DECEMBER 2-3, 2017
GIRLS MODIFIED CAPITOL CUP

SATURDAY – December 2, 2017

SESSION 1 - (44) – Level 7-10 & Xcel Diamond

Level 10: GTCO(2); Gem City (1); Flip-n-Twist(1); Mid-Ohio(1)
Level 9: Gem City(2); Mid-Ohio(4); West Side(1)
Level 8: Gem City(2); Flip-n-Twist(6); Gym Central(3); GTCO(12); Mid-Ohio(1);
Level 7: Flip-n-Twist(1); West Side(5)
Xcel D: Gem City(2)

8:00 a.m. General Stretch
 8:30 a.m. Timed warm-up Flight A
 8:50 a.m. Team Announcements and National Anthem
 9:05 a.m. Competition Begins
 11:45 a.m. Awards

SESSION 2 - (53) – Level 6

Gem City(8); Flip-n-Twist(10); Gym Central(8); Mid-Ohio(13); GTCO(10); TumbleU(3)
West Side(1)

11:45 a.m. General Stretch
 12:15 p.m. Flight A Warm up
 12:30 p.m. Team Announcements
 12:45 p.m. Competition Begins
 3:30 p.m. Awards

SESSION 3 - (69) – Level 2, Xcel Bronze, Xcel Silver, Xcel Gold

Level 2: GTCO(6); Gem City(5); West Side(8)
XB: Mid-Ohio(2); GTCO(3);
XS: West Side(5); Queen City(9); GTCO(11)
XG: West Side(8); Queen City(2); Mid-Ohio(5); GTCO(5)

3:30 p.m. General Stretch
 3:50 p.m. Flight A warm up
 4:05 p.m. Team Announcements
 4:15 p.m. Competition Begins
 7:00 p.m. Awards

GTCO
cartwheel and pinwheels



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SUNDAY – December 3, 2017

SESSION 4 - (82) - Level 3

Gem City(12); GTCO(8); Gym Central(11); Flip-n-Twist(8); Westside(8); Queen City(16)
Mid-Ohio(8); Tumble U(11)

8:00 a.m. General stretch
8:20 a.m. Flight A Warm up
8:30 a.m. Team Announcements and National Anthem
8:45 a. m. Competition Begins
10:45 a.m. Awards

SESSION 5 - (77) – Level 4 and Level 5

Level 4: Westside(11); Gem City(3); Flip-n-Twist(9); Gym Central(11); Queen City(22)
Mid-Ohio(6); Tumble U(9); GTCO (5)

Level 5: Westside(1)

11:00 a.m. General Stretch
11:20 a.m. Timed warm-up Flight A
11:35 a.m. Team Announcements
11:45 a. m. Competition Begins
2:15 p.m. Awards