



10th ANNUAL CARTWHEELS & PINWHEELS GYMNASTICS MEET

DECEMBER 1-2, 2018

GIRLS MODIFIED CAPITOL CUP

SATURDAY – December 1, 2018

SESSION 1 - (54) – Level 6-10; Xcel Diamond

Level 10: Gem City (1); Westside(1)

Level 9: Gem City(2); GTCO(4)

Level 8: AMP(3); Gem City(4); GTCO(5); Quest(3);

Level 7: AMP(2); Gem City(2); GTCO(6); Tumble U(3); Westside(2)

Level 6: AMP(5); Quest(2); Tumble U(7)

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
- 12:15 p.m. Awards

SESSION 2 - (74) – Level 4 and 5; Xcel Platinum

Level 5: Agility(7); Gem City(1); GTCO(3); Quest(3); Westside(8)

Level 4: Gem City(8); GTCO(6); Quest(4); Tumble U(9); Westside(6)

Xcel P: Gem City(7); GTCO(2); Queen City(2); Quest(6); Vitality(1); Westside(1)

- 12:30 p.m. General Stretch
- 12:50 p.m. Flight A Warm up
- 1:05 p.m. Team Announcements
- 1:15 p.m. Competition Begins
- 3:45 p.m. Awards

SESSION 3 – (78) – Xcel Bronze, Xcel Silver, Xcel Gold

XB: GTCO(5); Vitality(4); Westside(3)

XS: Gem City(6); GTCO(5); Olympic(3); Queen City(3); Tumble U(5); Westside(4)

XG: Gem City (5); GTCO(3); Olympic(4); Queen City(4); Quest(7); Vitality(4); Westside(12)

- 3:45 p.m. General Stretch
- 4:15 p.m. Flight A warm up
- 4:30 p.m. Team Announcements
- 4:45 p.m. Competition Begins
- 7:00 p.m. Awards



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SUNDAY – December 2, 2018

SESSION 4 - (89) - Level 2 & 3

Level 3: Gem City(6); GTCO(13); Quest(8); Tumble U(8); Westside(6)

Level 2: Gem City(7); GTCO(10); IGTC(3); Performance(8); Quest(14); Westside(6)

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| 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 |
| 11:30 a.m. | Awards |