



**2013 TURKEY
TUMBLE
WINSTON SALEM
NC
11/22/2013 - 11/24/2013**



Hosted By:

Salem Gymnastics

Revised Schedule 11/07/13 3:30 PM Use this schedule

Friday, November 22, 2013

Session: 1

Mod Capital Cup

Level: 5 2/5/2000 10/13/2004

General Stretch: 4:00 PM

1st Event Time Warm Up: 4:20 PM

March In: 4:30 PM

Competition: 4:40 PM

Awards: 7:00 PM

Saturday, November 23, 2013

Session: 2

Mod Capital Cup

Level: 4 4/6/2006 2/3/2004

General Stretch: 8:00 AM

1st Event Time Warm Up: 8:20 AM

March In: 8:30 AM

Competition: 8:40 AM

Awards: 10:50 AM

Session: 3

Mod Capital Cup

Level: 4 1/30/2004 12/3/2002

General Stretch: 11:10 AM

1st Event Time Warm Up: 11:30 AM

March In: 11:40 AM

Competition: 11:50 AM

Awards: 2:00 PM

Session: 4

Mod Capital Cup

Level: 4 12/2/2002 1/8/1999

General Stretch: 2:20 PM

1st Event Time Warm Up: 2:40 PM

March In: 2:50 PM

Competition: 3:00 PM

Awards: 5:10 PM



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Hosted By:

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Revised Schedule 11/07/13 3:30 PM Use this schedule

Session: 5

Mod Capital Cup

Level: 2 3/31/2008 9/20/2001

General Stretch: 5:30 PM

1st Event Time Warm Up: 5:50 PM

March In: 6:00 PM

Competition: 6:10 PM

Awards: 7:40 PM

Sunday, November 24, 2013

Session: 6

Mod Capital Cup

Level: 3 12/18/1999 2/23/2004

General Stretch: 8:30 AM

1st Event Time Warm Up: 8:50 AM

March In: 9:00 AM

Competition: 9:10 AM

Awards: 11:00 AM

Session: 7

Mod Capital Cup

Level: 3 2/29/2004 4/27/2005

General Stretch: 11:20 AM

1st Event Time Warm Up: 11:40 AM

March In: 11:50 AM

Competition: 12:00 PM

Awards: 1:50 PM

Session: 8

Mod Capital Cup

Level: 3 5/15/2005 4/17/2007

General Stretch: 2:10 PM

1st Event Time Warm Up: 2:30 PM

March In: 2:40 PM

Competition: 2:50 PM

Awards: 4:40 PM