

# CAPITOL CITY ROOKIE CHALLENGE

# LET'S GLOW CRAZY!

NOVEMBER 12, 2023

TO ADD SOME FUN, COACHES WEAR YOUR FAVORITE NEON COLORS TO SHOW YOUR SPIRIT! COACHES WILL RECEIVE FEEDBACK FROM JUDGES FOLLOWING EACH APPARATUS.

## MEET INFORMATION:

**GYMNASTS SHOULD WEAR THEIR  
FAVORITE LEO**

### LOCATION:

CAPITOL CITY GYMNASTICS  
3518 ROHR RD. GROVEPORT, OH 43125

**CONCESSIONS WILL BE AVAILABLE**



## SCHEDULE:

### SUNDAY 11/12/23

GYMNASTS, PLEASE  
CHECK-IN WITH YOUR COACH  
15 MINUTES BEFORE WARM-UP

### SESSION 1: LEVEL 2 & XCEL SILVER

9AM WARM-UP  
9:30AM COMPETITION

### SESSION 2: LEVEL 3,4 & XCEL GOLD

1PM WARM-UP  
1:30PM COMPETITION