



# TAISO CUP 2019

Admission - \$5 Adults, \$3 Senior & Students, Under 5 – Free  
**\*\*Entry to gym permitted 15 minutes prior to the Scheduled Warm-up\*\***  
Gymnasts will participate in General Warmup, March In, Proceed to first event

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## Friday, February 8<sup>th</sup>, 2019

### **Session 1: Novice 7, Open 7, Aspire 1, All JO8, JO9, JO10 – 38 Gymnasts**

Warm-up: 5:00pm - 5:20pm  
Competition & Awards: 5:30pm – 9:00pm

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## Saturday, February 9<sup>th</sup>, 2019

### **Session 2: All JO6 – 45 Gymnasts**

Warm-up: 7:30am - 7:45am  
Competition & Awards: 7:45am - 10:30am

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### **Session 3: Argo 4 & Tyro 4 – 42 Gymnasts**

Warm-up: 11:00am - 11:15am  
Competition & Awards: 11:15am - 2:00pm

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### **Session 4: All JO5, Argo 7, Tyro 7 – 37 Gymnasts**

Warm-up: 2:30pm - 2:45pm  
Competition & Awards: 2:45pm - 5:30pm

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### **Session 5: All JO3, Novice 4, Open 4 – 36 Gymnasts**

Warm-up: 6:00pm - 6:15pm  
Competition & Awards: 6:15pm – 9:00pm

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## **Competition Format**

~ General Warm-up: 15-20 minutes.

~ Vault: JO 3: 45sec / gymnast, JO 4 & 5: 60 sec / gymnast, JO 6-10 & Aspire: 2 min / gymnast

~ Bars: JO 3: 45sec / gymnast, JO 4 & 5: 60 sec / gymnast, JO 6-8: 90 sec / gymnast,  
JO9, 10 & Aspire: 2 min / gymnast

~ Beam: JO 3: 45sec / gymnast, JO 4 & 5: 60 sec / gymnast – **ALL COMPULSARY CATEGORIES WILL DO GROUP WARM UP**  
JO 6-8: 90 sec / gymnast, JO9, 10 & Aspire: 2 min / gymnast (may do 90 sec + 30 sec or all at once)

~ Floor: JO 3: 45sec / gymnast, JO 4 & 5: 60 / gymnast, JO 6-8: 90 sec / gymnast

### **JO 3 – 8 ~ Maximum 5 minutes**

JO 9-10: 2 min / gymnast (Minimum 8 min / Maximum 10 min)

Aspire: 2 min / gymnasts (Minimum 5 min / Maximum 10 min)

Rotation Sizes: 7 or less gymnasts - one group. 8+ gymnasts – split into two groups

