



# TAISO CUP 2020

**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 7<sup>th</sup>, 2020

### **Session 1: Aspire 2, All JO8, JO9, JO10 – 33 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: Open 6, All JO 7's – 40 Gymnasts**

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

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### **Session 3: All JO 3's, Tyro 4, Novice 4 – 45 Gymnasts**

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

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### **Session 4: All JO5, Tyro 6 – 43 Gymnasts**

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

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### **Session 5: Argo 4, Novice 6 – 45 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.
  - ~ **Group warm up** – Vault, Bars & Floor. Beam will be warm up 2, compete 1 – **with exception below**.
  - ~ Vault: JO 3: 45sec / gymnast, JO 4 & 5: 60 sec / gymnast, JO 6-7: 90 sec / gymnast,  
JO 8, JO 9, JO 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
  - ~ 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

