

TAISO CUP 2018

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

Friday, February 16th, 2018

Session 1: Argo 4, Argo 5, Tyro 5, Novice 5

Warm-up: 9:00am - 9:15am
Competition: 9:20am - 11:50am

Session 2: Argo 3, Tyro 3, Novice 3, Open 3, Novice 4

Warm-up: 12:30pm - 12:45pm
Competition: 12:50pm - 3:10pm

Session 3: Tyro 4, Novice 6, Argo 7

Warm-up: 3:45pm - 4:00pm
Competition: 4:05pm - 7:05pm

Saturday, February 17th, 2018

Session 4: Argo 6, Tyro 6, Open 6, Tyro 7, Novice 7

Warm-up: 8:45am - 9:00am
Competition: 9:05am - 12:15pm

Session 5: Open 7, Novice 8, Open 8, Aspire, All JO 9's, All JO 10's

Warm-up: 1:00pm - 1:20pm
Competition: 1:25pm - 5:00pm

Sunday, February 18th, 2018

(FINAL SCHEDULE)

Admission - \$2 per person
****Entry to gym permitted 15 minutes prior to the Scheduled Warm-up****

Session 6: TAISO INTERMEDIATE / SENIOR / TENS CLASSES

For registered participants

Warm-up: 9:00am - 9:15am
Competition: 9:20am - 11:00am

Competition Format

Vault – Warmup ½ group 2 vaults each, compete. Repeat

Bars & Beam - Warm-up ½ group, 30 seconds each, compete. Repeat

Floor - 2 minutes Warm-up ½ group, compete. Repeat

