



TAISO CUP 2016

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 for 15 Minutes, March In, Proceed to first event,

Friday, February 12th, 2016

Session 1: Argo 3, Tyro 3, Novice 3, Open 6 = 46 Gymnasts

Warm-up: 8:30am - 8:45am

Competition: 8:50am - 11:50am

(Continuous Rotation Format)

Session 2: Argo 4, Novice 4, Open 4, Novice 5, Novice 6 = 48 Gymnasts

Warm-up: 1:00pm - 1:15pm

Competition: 1:20pm - 4:20pm

(Continuous Rotation Format)

Saturday, February 13th, 2016

Session 3: Argo 6, Tyro 4, Tyro 5, Tyro 6 = 45 Gymnasts

Warm-up: 8:30am - 8:45am

Competition: 8:50am - 11:50am

(Continuous Rotation Format)

Session 4: Level 7's, Level 8's, Level 9's, Level 10's, Aspire 1 = 35 Gymnasts

Warm-up: 1:30pm - 1:45pm

Competition: 1:50pm - 4:50pm

(Continuous Rotation Format)

Sunday, February 14th, 2016

****Entry to gym permitted 10 minutes prior to the Scheduled Warm-up****

Admission - \$2 per person

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, then compete. Repeat

Session 5: Non Competitive

TAISO

TAISO Classes – Wed 4:30-6:30, Wed 6:30-8:30, Fri 6:00-7:00, Fri 6:30-8:30 & Sat 1:00-3:00

Warm-up: 8:00am - 8:15am

Competition: 8:20am - 10:00am

March In, Draws for Prizes and Awards

Gymnasts will march to the event, warm-up & compete, then switch to next event

Session 6: Non Competitive

TAISO

TAISO Classes – Mon 7:00-9:00, Thur 7:00-9:00, Sun 12:30-2:30, Senior & Tens

Warm-up: 11:15am - 11:30am

Competition: 11:35am - 2:00pm

March In, Draws for Prizes and Awards

Gymnasts will march to the event, warm-up & compete, then switch to next event