



TAISO CUP 2017

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 10th, 2017

Session 1: Argo 3, Tyro 3, Argo 4, Tyro 5 = 51 gymnasts

Warm-up: 9:30am - 9:45am

Competition: 9:50am - 12:50pm

Session 2: Novice 3, Tyro 4, Novice 4, Argo 5, Novice 5, Open 6 = 49 gymnasts

Warm-up: 2:00pm - 2:15pm

Competition: 2:20pm - 5:20pm

Saturday, February 11th, 2017

Session 3: Argo 6, Tyro 6, Novice 6, Open 7 = 52 gymnasts

Warm-up: 9:30am - 9:45am

Competition: 9:50am - 12:50pm

Session 4: Tyro 7, Novice 7, JO 8's, Under 9, Over 9, Over 10 = 36 gymnasts

Warm-up: 2:00pm - 2:20pm

Competition: 2:25pm - 5:30pm

Competition Format

~ Vault: Group Warm-up: JO 3: 45sec / gymnast, JO 4 & 5: 60 / gymnast, JO 6-10: 90 sec / gymnast

~ Bars: Group Warm-up: JO 3: 45sec / gymnast, JO 4 & 5: 60 / gymnast, JO 6-10: 90 sec / gymnast

~ Beam: Warm-up 2, Compete 1: JO 3: 45sec/gymnast, JO 4 & 5: 60/gymnast, JO 6-10: 90 sec/gymnast

~ Floor: Group Warm-up: JO 3: 45sec / gymnast, JO 4 & 5: 60 / gymnast,

JO 6-10: 90 sec / gymnast (To a maximum of 5 minutes)

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

