



## 28<sup>th</sup> Annual TAISO CUP

FEBRUARY 8 - 10, 2019

TAISO Gymnastics Training Centre

133 First Lake Drive, Lower Sackville, Nova Scotia

Categories: JO Levels 3 – 10

Aspire 1 & 2

**PLEASE NOTE – The competition will not begin prior to 5pm Friday evening.**

➤ **REGISTRATION DEADLINE - January 8<sup>th</sup>, 2019.**

Paid registrations are received on a first come first served basis.

Clubs are considered entered in TAISO Cup only when paid registration is received.

One cheque per club, payable to TAISO Gymnastics Training Centre

Entry fees: JO & Aspire Categories - \$75.00

Entry fee includes a TAISO Cup Memento.

**AVOID DISAPPOINTMENT - REGISTER EARLY!**

➤ **Please send Registration forms and cheque to:**

TAISO Gymnastics Training Centre

133 First Lake Drive

Lower Sackville, Nova Scotia

B4C 3J9 Attn: Shawn Healey

➤ **Schedule will be sent to all clubs by January 15, 2019.**

➤ Refunds will be given with a Medical Certificate only! A \$15.00 administrative fee will apply.

Host Hotel: Future Inn – 30 Fairfax Dr, Halifax, NS, B3S 1P1

1-902-443-4333 or 1-800-565-0700

Quote Block Code – 1902 TAISO

Rate - \$115 + tax, Cut-off date – January 16, 2019!

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

~ General Warm-up: 15-20 minutes.

~ Vault: Group Warm-up: JO 3: 45sec / gymnast, JO 4 & 5: 60 / gymnast, **JO 6-10: 2 min / gymnast**

~ Bars: Group Warm-up: JO 3: 45sec / gymnast, JO 4 & 5: 60 / gymnast, JO 6-8: 90 sec / gymnast,  
JO 9-10: 2 min / gymnast

~ Beam: Warm-up 2, Compete 1: JO 3: 45sec / gymnast, JO 4 & 5: 60 / gymnast, JO 6-8: 90 sec / gymnast,  
JO 9-10: 2 min / gymnast (may split 90 sec + 30sec)

~ Floor: Group Warm-up: JO 3: 45 sec / gymnast  
JO 4 & 5: 60 sec / gymnast  
JO 6-8: 90 sec / gymnast  
JO 9-10: 2 min / gymnast (Minimum 8 minutes - Maximum 10 minutes)

} Maximum 5 minutes