

# TREVINO'S GYMNASTICS

1438 S. I-35E  
LANCASTER, TEXAS 75146  
972-223-0167

Levels 1 - 8 TAAF Qualifying Meet  
February 6-7, 2016

## MEET FORMAT: CAPITAL CUP

*Saturday*, February 6, 2016

### SESSION 1 – Capital Cup Format

**Level 1 & 2:** Achievers, HEB, Kurt Thomas, Nova,  
Richardson, The Rock, Texas Best, World of Gymnastics.

Gym Opens:            7:30am  
Open Stretch:            8:00am  
Timed Warm Up:        8:20am  
March In:                8:25am  
Competition:            8:35am  
                                 Awards to follow

*Saturday*, February 6, 2016

### SESSION 2 – Capital Cup Format

**Levels 1 & 2:** 10.0, Classic, Corinth, East Texas, Irving,  
Texas Elite, Texas Tumblers, Trevino's, United Elite,  
Waxahachie.

Open Stretch:            10:30am  
Timed Warm Up:        10:50am  
March In:                10:55am  
Competition:            11:05am  
                                 Awards to follow

*Saturday*, February 6, 2016

**SESSION 3 – Capital Cup Format**

**Level 3P-Divisions 1-4**

**3A –Gymnastics Plus, Texas Elite, The Rock, Waxahachie,  
World of Gymnastics**

Open Stretch: 1:00pm

Timed Warm Up: 1:20pm

March In: 1:30pm

Competition: 1:40pm

Awards to follow

*Saturday*, February 6, 2016

**SESSION 4 – Capital Cup Format**

**Level 3P-Divisions 5-7**

**3A – 4EVER, Achievers, IEG, Legacy**

Open Stretch: 5:30pm

Timed Warm Up: 5:50pm

March In: 6:00pm

Competition: 6:10pm

Awards to follow

*Sunday*, February 7, 2016

**SESSION 5 – Capital Cup Format**

**Levels 4A & 4P-Divisions4-7**

**Gym Opens: 7:30am**

Open Stretch: 8:00am

Timed Warm Up: 8:20am

March In: 8:30am

Competition: 8:40am

Awards to follow

*Sunday*, February 7, 2016

**SESSION 6 – Capital Cup Format**

**Levels 4P-Divisions 1-3 & Level 5 - ALL**

Open Stretch: 12:00pm

Timed Warm Up: 12:20pm

March In: 12:30pm

Competition: 12:40pm

Awards to follow

*Sunday*, February 7, 2016

**SESSION 7 – Capital Cup Format**

**Levels 6, 7, 8 and Xcel**

Open Stretch: 4:00pm

Timed Warm Up: 4:20pm

March In: 4:35pm

Competition: 4:45pm

Awards to follow