

Judges Cup DFW

Hosted By: Trevino's Gymnastics

1438 S. I-35E

LANCASTER, TEXAS 75146

972-223-0167

October 5-6, 2019

MEET FORMAT: CONTINUOUS CAPITAL CUP

Saturday, October 5, 2019

SESSION 1

Level 1

Level 2-Large Team – Metroplex, Kurt Thomas

Gym Opens: 7:30am

Open Stretch: 8:00am

March In: 8:20am

Timed Warm Up: 8:25am

Competition: 8:35am

Awards to follow

Saturday, October 5, 2019

SESSION 2

Level 2: Crossfire, Denton, Eagle, Flip Factory, Ridgewood, The Palaestra, United Elite

Open Stretch: 10:30am

March In: 10:50am

Timed Warm Up: 11:00am

Competition: 11:05am

Awards to follow

Saturday, October 5, 2019

SESSION 3

Level 3A: Level 3P – Senior B

Open Stretch: 1:00pm

March In: 1:20pm

Timed Warm Up: 1:30pm

Competition: 1:40pm

Awards to follow

Saturday, October 5, 2019

SESSION 4

Level 3P: JR A, B & C; SR A.

Open Stretch: 4:45pm
March In: 5:05pm
Timed Warm Up: 5:15pm
Competition: 5:25pm

Awards to follow

Sunday, October 6, 2019

SESSION 5

LEVEL 4A

Level 4P: SR A & B

Gym Opens: 7:30am
Open Stretch: 8:00am
March In: 8:20am
Timed Warm Up: 8:30am
Competition: 8:40am

Awards to follow

Sunday, October 6, 2019

SESSION 6

Level 4P: JR A, B & C

Open Stretch: 12:15pm
March In: 12:35pm
Timed Warm Up: 12:45pm
Competition: 12:55pm

Awards to follow

Sunday, October 6, 2019

SESSION 7

Level 5A & 5P

Open Stretch: 4:15pm
March In: 4:35pm
Timed Warm Up: 4:45pm
Competition: 4:55pm

Awards to follow