

**THE ROCK HOSTS
5TH ANNUAL
TEXAS
TOUGH
GYMNASTICS INVITATIONAL
FEBRUARY 3-5, 2017**

Admission Prices	Per Session	Weekend
Adults	\$15	\$25
All Children (5-12)	\$8	\$15
Seniors & Military	\$10	\$15

- Convention Center Parking—\$5/day
- Doors open daily at 7:00 am (no kids play area)
- Sports Fans—We will have an area designated for SUPERBOWL VIEWING!

Host Hotels

Holiday Inn NE

Texas Rangers Ballpark
877-834-3613
\$99 rate expires 1/20
"TTG" incl brkfst

DoubleTree

DFW Arlington S.
free airport shuttle
817-640-7712
\$119 rate expires 1/12
"Texas Tough Meet" incl brkfst

at THE ARLINGTON CONVENTION CENTER

1200 Ballpark Way, Arlington, TX 76011



FINAL SCHEDULE



Friday, February 3rd "RED GYM"

Session 1A USAG XGold

Warm UP	8:00 AM
Coach Mtg	8:10 AM
Introductions	8:20 AM
Compete	8:30 AM

Session 2A USAG XPlatinum, XDiamond

Warm UP	11:30 AM
Coach Mtg	11:40 AM
Introductions	11:50 AM
Compete	12:00 PM

Session 3A TAAF Level 2 (large teams only)

Level 2 Teams

-Corinth

-E TX Twisters

-Empire

-Gymtricks

-TX Best, TX Gymnastics, United Elite, Win Kids

Warm UP	2:45 PM
Coach Mtg	2:55 PM
Introductions	3:05 PM
Compete	3:15 PM

Session 4A TAAF Level 3P—all divisions

Warm UP	5:30 PM
Coach Mtg	5:40 PM
Introductions	5:50 PM
Compete	6:00 PM

RED GYM — Continuous Capital Cup

Friday, February 3rd "BLUE GYM"

Session 1B USAG MENS Level 4 & Level 5

Warm UP	8:00 AM
Coach Mtg	8:10 AM
Introductions	8:20 AM
Compete	8:30 AM

Session 2B USAG MENS Level 6-10, JD

Warm UP	11:45 AM
Coach Mtg	11:55 AM
Introductions	12:05 PM
Compete	12:15 PM

Session 3B USAG XBronze

Warm UP	2:45 PM
Coach Mtg	2:55 PM
Introductions	3:05 PM
Compete	3:15 PM

Session 4B USAG XSilver

Warm UP	5:30 PM
Coach Mtg	5:40 PM
Introductions	5:50 PM
Compete	6:00 PM

BLUE GYM — Modified Traditional Cup

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Team Gymnastics

Saturday, February 4th "RED GYM"

Session 5A USAG Level 8

Warm UP	8:00 AM
Coach Mtg	8:10 AM
Introductions	8:20 AM
Compete	8:30 AM

Session 6A USAG Level 9, Level 10

Warm UP	11:30 AM
Coach Mtg	11:40 AM
Introductions	11:50 AM
Compete	12:00 PM

Session 7A USAG Level 7

Warm UP	3:00 PM
Coach Mtg	3:10 PM
Introductions	3:20 PM
Compete	3:30 PM

Competitions in the **RED** gym,
Awards will be in the:

RED AWARDS AREA

RED GYM — Continuous Capital Cup

Saturday, February 4th "BLUE GYM"

Session 5B TAAF Level 4 D3, D4, D5

Warm UP	8:00 AM
Coach Mtg	8:10 AM
Introductions	8:20 AM
Compete	8:30 AM

Session 6B TAAF Level 4 D2, D6, D7 & Level 5

Warm UP	12:30 PM
Coach Mtg	12:40 PM
Introductions	12:50 PM
Compete	1:00 PM

Session 7B TAAF Level 1, XBronze

Warm UP	4:45 PM
Coach Mtg	4:55 PM
Introductions	5:05 PM
Compete	5:15 PM

Competitions in the **BLUE** gym,
Awards will be in the:

BLUE AWARDS AREA

BLUE GYM — Modified Traditional Cup

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Sunday, February 5th "RED GYM"

Session 8A **USAG** Level 4, Level 5

Warm UP	8:00 AM
Coach Mtg	8:10 AM
Introductions	8:20 AM
Compete	8:30 AM

Session 9A **USAG** Level 6

Warm UP	12:00 PM
Coach Mtg	12:10 PM
Introductions	12:20 PM
Compete	12:30 PM

Session 10A **TAAF** Level 6, 7, XPlatinum

Warm UP	3:30 PM
Coach Mtg	3:40 PM
Introductions	3:50 PM
Compete	4:00 PM

Competitions in the **RED** gym,
Awards will be in the:

RED AWARDS AREA

RED GYM — Continuous Capital Cup

Sunday, February 5th "BLUE GYM"

Session 8B **TAAF** Level 3A, Level 2 (all other)

Level 2 Teams
-Prosper
-T3 Elite
-TX Elite Greenville
-TX Tumblers
-The Rock

Warm UP	8:00 AM
Coach Mtg	8:10 AM
Introductions	8:20 AM
Compete	8:30 AM

Session 9B **TAAF** Level XGold, XSilver

Warm UP	12:00 PM
Coach Mtg	12:10 PM
Introductions	12:20 PM
Compete	12:30 PM

Session 10B **USAG** Level 1, 2, 3

Warm UP	3:30 PM
Coach Mtg	3:40 PM
Introductions	3:50 PM
Compete	4:00 PM

Competitions in the **BLUE** gym,
Awards will be in the:

BLUE AWARDS AREA

BLUE GYM — Modified Traditional Cup