

# THE ROCK HOSTS 5TH ANNUAL TEXAS TOUGH GYMNASTICS INVITATIONAL FEBRUARY 3-5, 2017 at THE ARLINGTON CONVENTION CENTER

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



## 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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## FINAL SCHEDULE



### 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—divisions TBA

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

#### Session 6B TAAF Level 4 div TBA & 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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1200 Ballpark Way, Arlington, TX 76011

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## FINAL SCHEDULE



### 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**

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### 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\*\*\*