

Judges Cup DFW
Hosted By: Trevino's Gymnastics
1438 S. I-35E
LANCASTER, TEXAS 75146
972-223-0167

October 3, 2020

MEET FORMAT: MODIFIED TRADITIONAL

Saturday, October 5, 2019

SESSION 1

Level 5

Gym Opens: 7:30am

Open Stretch: 8:00am

March In: 8:15am

Timed Warm Up: 8:20am

Competition: 8:30am

Awards to follow

MEET FORMAT: CONTINUOUS CAPITAL CUP

Saturday, October 3, 2020

SESSION 2

Level 4A: Level XG

Level 4P: SR B

Open Stretch: 10:45am

March In: 11:00am

Timed Warm Up: 11:05am

Competition: 11:15am

Awards to follow

Saturday, October 3, 2020

SESSION 3

Level 4P: JR A, B, & C; SR A

Open Stretch: 1:00pm

March In: 1:15pm

Timed Warm Up: 1:20pm

Competition: 1:30pm

Awards to follow

Saturday, **October 3, 2020**

SESSION 4

Level 3A

Level 1

Level 2 – Metroplex, Eagle, The Palaestra

Open Stretch: 3:35pm

March In: 3:50pm

Timed Warm Up: 3:55pm

Competition: 4:00pm

Awards to follow

Saturday, **October 3, 2020**

SESSION 5

LEVEL 2- TX Dreams, N TX Elite, Precision

Level 3P: SR B

Open Stretch: 5:50pm

March In: 6:05pm

Timed Warm Up: 6:10pm

Competition: 6:15pm

Awards to follow

Saturday, **October 3, 2020**

SESSION 6

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

Open Stretch: 8:00pm

March In: 8:15pm

Timed Warm Up: 8:20pm

Competition: 8:25pm

Awards to follow

Judge's Cup Invitational

Trevino's Gymnastics

Oct. 3, 2020

Hello Coaches and Parents,

We are looking forward to getting the season underway and staying safe with the our CORONA COMPETITION CRITERIA. I will outline our procedures to help guide everyone through the process of being Safe, Sanitized and Social distanced.

PARENTS:

- Please wear masks! Have your athlete wear a mask into and out of the gym. They can remove it while training.
- We are **not** limiting spectators as the session count is small and we should have adequate space to spread out during the competition.
- We have Touchless sinks, hand dryers and lots of sanitizing stations available.
- Pay at the entrance and you will receive a wrist band. We will check temperatures at the front. For all sessions beside the first one, please remain outside of the building or in your car until the previous session has cleared out.
- We will make an announcement and then you can enter at the front door and exit out the garage door to the parking lot after each session.
- We will not have a concession stand but there will be coffee, drinks, snacks, cotton candy and popcorn. Shop at our Pro Shop leos, T-shirts, shorts, and accessories.
- Please observe Social Distancing while in the facility including seating areas, Pro Shop and restrooms.
- Help us out by policing your seating area and place your trash in the garbage.

COACHES:

- Please wear masks! Have you athletes wear a mask when going to the restroom or when they are not on the competition floor.
- We would want just 1 coach per rotation for each squad. If different coaches are needed for different events, please rotate off the floor.
- We will not have coaches' meals available. You may bring a lunch box in with your personal lunch. Drinks will be provided. The water fountain will be closed.
- Sessions will be small numbers so the meet will be about 2 ¼ hours plus awards. Keep kids spread out during stretch and general warm ups and awards.
- We will announce teams and judges during general stretch. Everyone will rotate BUMP TOUCH.
- Each athlete should bring their own chalk container, own spray bottle, tape, scraper, water bottle, baggie for their mask and any other personal items. Chalk is available for purchase at our Pro Shop if needed.
- Once the meet is complete, athletes will report to the floor on a designated spot adhering to social distancing. They will remain in their spot and only stand as we announce the places. The medals will be brought to them in their designated spot.

- At the conclusion of awards, the gym will be cleared and all spectators and athletes will exit out the garage doors to the parking lot to allow for sanitizing the gym in between sessions.
- Coaches will play their own music.

Good Luck to all and we wish everyone a safe and successful competition.

Rich Trevino