



Heart & Soul TAAF Qualifier Competition Schedule

Meet site:

Richardson Gymnastics
300 E, Arapaho Road
Richardson, TX 75081

Saturday, February 24, 2018

Session 1 – Level 2/XCEL Bronze – Capital Cup format

8:00 AM Open Warm Up
8:05 AM Coaches' Meeting
8:20 AM Introductions
8:30 AM Competition begins

Session 2 – Level 1/Level 3A/Level 3 Division 5, 7 – Capital Cup format

12:15 PM Open Warm Up
12:20 PM Coaches' Meeting
12:35 PM Introductions
12:45 PM Competition begins

Session 3 – Level 3 Division 1, 2, 3, 4, 6/XCEL Silver – Capital Cup format

5:00 PM Open Warm Up
5:05 PM Coaches' Meeting
5:20 PM Introductions
5:30 PM Competition begins

Sunday, February 25, 2018

Session 4 – Level 4 All divisions – Modified Traditional

8:00 AM Open Warm Up
8:05 AM Coaches' Meeting
8:20 AM Introductions
8:30 AM Competition begins

Session 5 – Level 5/Level 6/Level 7/Level 8/XCEL Gold/XCEL Platinum – Modified Traditional

1:15 PM Open Warm Up
1:20 PM Coaches' Meeting
1:35 PM Introductions
1:45 PM Competition begins