



## **Heart & Soul TAAF Qualifier Competition Schedule**

### **Meet site:**

Richardson Gymnastics  
300 E, Arapaho Road  
Richardson, TX 75081

### **Saturday, February 15, 2020**

#### **Session 1 – Level 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 3s – Capital Cup Format**

11:45 AM Open Warm Up  
11:50 AM Coaches' Meeting  
12:05 PM Introductions  
12:15 PM Competition begins

#### **Session 3 – Level 5s – Modified Traditional Format**

3:30 PM Open Warm Up  
3:35 PM Coaches' Meeting  
3:50 PM Introductions  
4:00 PM Competition begins

#### **Session 4 – Level 6s, 7s, 8s, XCEL Platinum – Modified Traditional Format**

6:30 PM Open Warm Up  
6:35 PM Coaches' Meeting  
6:50 PM Introductions  
7:00 PM Competition begins



## **Sunday, February 16, 2020**

### **Session 5 – XCEL Silver, XCEL Gold**

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

### **Session 6 – Level 4s**

- 1:00 PM Open Warm Up
- 1:05 PM Coaches' Meeting
- 1:20 PM Introductions
- 1:30 PM Competition begins