



2026 Heart & Soul TAAF Qualifier Competition Schedule

Meet site:

Richardson Gymnastics
300 E, Arapaho Road
Richardson, TX 75081

All sessions are modified traditional with 2 beams and bump in warm up on floor.

Saturday, February 28, 2026

Session 1 – Level 4s & 5s

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

Session 2 – XCEL Gold, XCEL Platinum, Level 6

12:30PM Open Warm Up
12:35PM Coaches' Meeting
12:50PM Introduction
1:00PM Competition Begins

Session 3 – Level 3

4:45PM Open Warm Up
4:50PM Coaches' Meeting
5:05PM Introductions
5:15PM Competition Begins



Sunday, March 1, 2026

Session 4 – XCEL Silver

8:00AM Open Warm Up

8:05AM Coaches' Meeting

8:20AM Introductions

8:30AM Competition Begins

Session 5 – Level 2s

11:45AM Open Warm Up

11:50AM Coaches' Meeting

12:05PM Introduction

12:15PM Competition Begins

Session 6 – Level 1s, XCEL Bronze

2:45PM Open Warm Up

2:50PM Coaches' Meeting

3:05PM Introduction

3:15PM Competition Begins