



2025 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, March 1, 2025

Session 1 – Level 1, 2 Small Team (Farmsville Elite, Gymnastics Unlimited, Plano Aerobats), XCEL Bronze

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

Session 2 – Level 2 Large Team (Excite, Liberty, RGT, WinKids, WOG)

11:00AM Open Warm Up
11:05AM Coaches' Meeting
11:20AM Introduction
11:30AM Competition Begins

Session 3 – Level 4 All divisions

2:30PM Open Warm Up
2:35PM Coaches' Meeting
2:50PM Introductions
3:00PM Competition Begins

Session 4 – Level 5, 6, XCEL Platinum, XCEL Diamond – All divisions

6:15PM Open Warm Up
6:20PM Coaches' Meeting
6:35PM Introductions
6:45PM Competition Begins



Sunday, March 2, 2025

Session 5 – XCEL Gold All divisions

8:00AM Open Warm Up

8:05AM Coaches' Meeting

8:20AM Introductions

8:30AM Competition Begins

Session 6 – Level 3 All divisions

12:00PM Open Warm Up

12:05PM Coaches' Meeting

12:20PM Introduction

12:30PM Competition Begins

Session 6 – XCEL Silver All divisions

3:15PM Open Warm Up

3:20PM Coaches' Meeting

3:35PM Introduction

3:45PM Competition Begins