



2024 Heart & Soul TAAF Qualifier Competition Schedule

Meet site:

Richardson Gymnastics
300 E, Arapaho Road
Richardson, TX 75081

Session 4 is Capital Cup. All others are modified traditional with 2 beams and bump in warm up on floor.

Saturday, February 10, 2024

Session 1 – Level 5s, XCEL Gold

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

Session 2 – Level 4s, XCEL Bronze

12:00PM Open Warm Up
12:05PM Coaches' Meeting
12:20PM Introduction
12:30PM Competition Begins

Session 3 – Level 6, 7, 8, XCEL Platinum, XCEL Diamond

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



Sunday, February 11, 2024

Session 4 – Level 1s & 2s – Capital Cup

8:00AM Open Warm Up

8:05AM Coaches' Meeting

8:20AM Introductions

8:30AM Competition begins

Session 5 – Level 3 – Div 6, 7, XCEL Silver – Div 5, 6, 7

11:45AM Open Warm Up

11:50 AM Coaches' Meeting

12:05PM Introductions

12:15PM Competition Begins

Session 6 – Level 3 – Div 1-5, XCEL Silver – Div 1-4 – **Note new start time!**

4:15PM Open Warm Up

4:20PM Coaches' Meeting

4:35PM Introductions

4:45PM Competition Begins