



# TAAF WINTER GAMES

Hosted By: Trevino's Gymnastics

1438 S. I-35E

LANCASTER, TEXAS 75146

972-223-0167

January 13, 2024

## MEET FORMAT: CONTINUOUS CAPITAL CUP

**Saturday**, January 13, 2024

### **SESSION 1** (72 athletes)

**All Level 1, 2, XB**

**Gym Opens:** 7:30am

Open Stretch: 8:00am

March In: 8:15am

Timed Warm Up: 8:20am

Competition: 8:25am

Awards to follow

**Saturday**, January 13, 2024

### **SESSION 2** (84 athletes)

**Level 3 & XS**

Open Stretch: 11:00am

March In: 11:15am

Timed Warm Up: 11:20am

Competition: 11:30am

Awards to follow

**Saturday**, January 13, 2024

### **SESSION 3** (66 Athletes)

**Level 4, 5, XG**

Open Stretch: 2:30pm  
March In: 2:45pm  
Timed Warm Up: 2:50pm  
Competition: 3:05pm  
Awards to follow

**Saturday**, January 13, 2024

**SESSION 4** (21 Athletes)

**Level 6, 7, 8, XP**

Open Stretch: 6:30pm  
March In: 6:50pm  
Warm Up: 6:55pm  
Competition: 7:05pm  
Awards to follow

**Modified Traditional  
Format**