

THE official Schedule of the  
TEXAS TOUGH gymnastics competition -  
contact [texastoughmeet@gmail.com](mailto:texastoughmeet@gmail.com) with questions.



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**January 20-22, 2023**

@ Esports Stadium Arlington  
1200 Ballpark Way • Arlington, TX 76011

**\*\*\*UPDATED 12/12/22\*\*\***

**FRIDAY**

**SESSION 1** **USAG • L7 SMALL**

WARM UP - 1:00 PM <<RANGERS Awards>>

Achievers, Eagles Wings, Extreme, Lone Star, Nova, Rogue, Texas Best, Texas East, The Rock, Thunder Elite, Top Flight, World of Gymnastics, Zenith

**SESSION 2** **USAG • L4 & L5**

WARM UP - 4:30 PM <<RANGERS Awards>>

**RED GYM**

Session 1 WHITE Gym

**ACRO & TUMBLING**  
**Competition FRIDAY!**

**WHITE GYM**

**Session 1** **USAG • L7 LARGE**

WARM UP - 1:00 PM <<COWBOYS Awards>>

Excelsior, Fire Power, Gymkix, Johnson, Richardson Ridgewood, Rock Solid, Rockwall, Rowland Ballard, Victory, Zero Gravity

**Session 2** **USAG • L6 SMALL**

WARM UP - 4:30 PM <<Rangers Awards>>

EWA, Excelsior, Extreme K, FirePower, GymnasticWorld, Johnson, RockSolid, Rogue, Rowland Ballard, Texas East, World of Gymnastics, Zenith, Zero Gravity

**BLUE GYM**

**SATURDAY**

**Session 3** **USAG • XP XD**

WARM UP - 8:00 AM <<RANGERS Awards>>

**Session 4** **USAG • L6 LARGE**

WARM UP - 10:30 AM <<RANGERS Awards>>

Achievers, Richardson, Ridgewood, The Rock, Thunder Elite Texas Best, Top Flight

**Session 5** **USAG • L8**

WARM UP - 2:15 PM <<RANGERS Awards>>

**Session 6** **USAG • L9, 10**

WARM UP - 5:45 PM <<RANGERS Awards>>

**RED GYM**

**Session 2** **MEN'S L3**

WARM UP - 8:00 AM <<RANGERS Awards>>

**Session 3** **MEN'S L4**

WARM UP - 12:00 PM <<RANGERS Awards>>

**Session 4** **MEN'S L5-L10**

WARM UP - 4:15 PM <<RANGERS Awards>>

**Session 5**  
Equipment Change 8:30 PM

**WHITE GYM**

**Session 3** **TAAF • L1, L3 div TBA**

WARM UP - 8:00 AM <<COWBOYS Awards>>

**Session 4** **TAAF • L3 div TBA**

WARM UP - 11:15 AM <<COWBOYS Awards>>

**Session 5** **TAAF • L4, L5**

WARM UP - 2:45 PM <<COWBOYS Awards>>

**Session 6** **TAAF • L2**

WARM UP - 6:30 PM <<COWBOYS Awards>>

**BLUE GYM**

**SUNDAY**

**Session 7** **USAG • XG**

WARM UP - 8:00 AM <<RANGERS Awards>>

**Session 8** **TAAF • L6-L7, XG**

WARM UP - 11:30 AM <<RANGERS Awards>>

**Session 9** **TAAF • XG, XD, XR (Sapp) L8-L9**

WARM UP - 3:45 PM <<RANGERS Awards>>

**RED GYM**

**Session 6** **TAAF • XS**

WARM UP - 8:00 AM <<COWBOYS Awards>>

**Session 7** **TAAF • XS**

WARM UP - 12:00 PM <<COWBOYS Awards>>

**Session 8** **TAAF • XB**

WARM UP - 3:30 PM <<COWBOYS Awards>>

**WHITE GYM**

**Session 7** **USAG • XB all, XS SMALL**

WARM UP - 8:00 AM <<RANGERS Awards>>

XS: Extreme K, Fire Power, Johnson, Rogue, Texas East, Zenith

**Session 8** **USAG • XS LARGE**

WARM UP - 11:15 AM <<RANGERS Awards>>

Alpha Omega, Excelsior, Gymnastic World, Lone Star, The Mega, Zero Gravity

**Session 9** **USAG • L1, L2**

WARM UP - 3:00 PM <<RANGERS Awards>>

**Session 10** **USAG • L3**

WARM UP - 5:30 PM <<COWBOYS Awards>>

**BLUE GYM**

**HOSTED BY**



**Spectator Admissions - per session**

Adult Entry ages 12+ \$25  
Children ages 5-12 \$15  
Military & Seniors \$15

**Parking FOR ALL • \$5 Per Day**

*Doors open 1 Hr before 1st session daily*



**TRT Booster Club**  
Supporting The Rock Team Gymnastics