



## 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, XCEL Silver – divisions TBD**

11:45AM Open Warm Up

11:50 AM Coaches' Meeting

12:05PM Introductions

12:15PM Competition Begins

### **Session 6 – Level 3, XCEL Silver – divisions TBD**

3:30PM Open Warm Up

3:35PM Coaches' Meeting

3:50PM Introductions

4:00PM Competition Begins