



# 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**