



FINAL SCHEDULE

2024 Men's Competition Schedule

Thursday, January 18th

Open training -- coaches must be present with athletes: 3:30 – 7:30 pm *Arena Podium area*

All Sessions are a form of WU/Complete (No traditional capital cup this year)

Friday, January 19th

Session 1, All Level 6s & 7s (84)

Open Stretch	8:00 am	Quentin Beard-Cepeda
Team Introductions	8:20 am	JP Mireles
Warm up and begin competition	8:30 am	Alexander Peterson
Awards	11:30 am	

Session 2, Level 8 12,13, 14 yrs (87)

Open Stretch	12:00 p.m.	Dash Alvarez
Team Introductions	12:20	Hunter Langley
Warm up and begin competition	12:30	
Awards	4:00	

Session 3, Open Team Cup & Lv. 8 15+ (9 Teams plus Lv 8s)

Open Stretch	4:30	
Open Events Warm Up	4:50	Liam Farrell
Opening Ceremonies	6:10	Jace Haynes
1 touch/Competition begins	6:25	
Awards	9:30	



Saturday, January 20th

Session 4, All Level 9s (76)

Open Stretch	8:30 am	Juan Flores
Team Introductions	8:50 am	Parker Nutt
Warm up and begin competition	9:00 am	Aaron Porter
Awards	12:30 pm	Keyan Yi

Session 5, Level 10 (16&17 yrs) (71)

Open Stretch	1:00
Team Introductions	1:20
Warm up and begin competition	2:15
Awards	5:15

Session 6, Sr. Elites & Level 10 (18 &19 yrs) (60)

Open Stretch	5:35	
Team Introductions	5:50	Bryce Roper
Open Stretch/Warm up	6:00	
1 touch/Competition begins	7:10	
Awards	9:15	

Saturday Night: Coaches/Judges at the Home2Suites/Hilton Garden Inn, 6840 Almeda Road. Five minutes from NRG Arena!

Sunday, January 21st

Session 7, All Level 3 (78)

Open Stretch	8:30 am	Luke Anderson Dimitri Constantino
Team Introductions	8:50	ILan Flores Mason Morris
Warm up and begin competition	9:00	Giancarlo Perez Jonah Rodriguez
Awards	11:30	Dominic Sierra Kaysen Yi

Session 8, All Level 4 (88)

Open Stretch	12:00	Nicholas Alonzo Noah Anderson
Team Introductions	12:20	Jagger Gouge Luke Heald
Warm up and begin competition	12:30	McCrae Jackson Jacob Monaghan
Awards	3:15	Jaxson Oliver Jax Witte Tristan Ye

Session 9, All Level 5 (65)

Open Stretch	3:45	Lane Adams
Team Introductions	4:05	Eli Anderson
Warm up and begin competition	4:15	Gavin Garcia
Awards	6:30	

Scores posted at: www.meetscoresonline.com

click "Active Meets" then "2024 Houston National Invitational" then click on the gym and your session.