



TENTATIVE SCHEDULE – REVISED 11/5/24

Subject to change

Registration & Payment Deadline 11/1/24 / Level change deadline 12/22/24

Refund request deadline 12/1/24

Late fees assessed: 11/2/24

Friday, January 10

Session 1A - Large Gym 8:00am

Level 4 & 5 (76) Modified Continuous Capital Cup

Awards 11:30am

Teams: Achievers, TX Dreams, National Elite, NE Texas Elite, New Heights, AGA, Eagle Gymnastics, Rock Solid

Session 1B – Small Gym 8:00am

Level 2 & 3 (78) Modified Traditional (warm-up/compete)

Awards 11:30am

Teams: Achievers, Eagle, AGA, National Elite, Rock Solid, TX Dreams

Session 2A – Large Gym – 12:30pm

Level 6-1 (75) Modified Continuous Capital Cup

Awards 4:30pm

Teams: Kurt Thomas, NE Texas Elite, AGA, Rock Solid, TEGA, TX Best, AKM United, Achievers, **Powerhouse TNT**, GSC Abilene
TX Dreams, American Dream, Precision, MEGA

Session 2B – Small Gym 12:30pm

Level XG-1 (70) Modified Traditional (warm-up/compete)

Awards: 4:30pm

Teams: AGA, Elevate, Fire Power, Empire, GCS Abilene, Achievers, Elevate, NE Texas Elite, National Elite



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Friday, January 10th

Session 3A - Large Gym – 5:30pm

Level 8-1 (66) Modified Continuous Capital Cup

Awards: 9:30pm

Teams: American Dream, National Elite, Rock Solid, TX Dreams, **Powerhouse TNT**, TEGA, NE Texas Elite, TX Best, Rising Stars, Achievers, AKM United, Houston Gym Center, AGA

Session 3B - Small Gym – 5:30pm

Level XG -2 (70) Modified Traditional (warm-up/compete)

Awards: 9:30pm

Teams: Rogue, TX Dreams, Rock Solid, Win Kids, TEGA, TX Best, Precision

Saturday, January 11th

Session 4 – Large Gym – 8:00am

Level XB (87) Modified Continuous Capital Cup

Awards: 11:00am

Teams: Precision, Rockwall, NE Texas Elite, Elevate, National Elite, TEGA, Firepower, TX Dreams

Session 5 – Large Gym – 11:30

Level 7-1 (48) Modified Continuous Capital Cup

Awards: 2:15pm

Teams: AKM United, Houston Gym Center, Kurt Thomas, ASI Lakewood, Lone Star, American Dream, Fire Power, **Powerhouse TNT**, Achievers, AGA, Elevate, Eagle

Session 6 – Large Gym – 3:00pm

Level 7-2 (48) Modified Continuous Capital Cup

Awards: 5:45pm

Teams: MEGA, TEGA, TX Dreams, National Elite, Rockwall, Trevinos, New Heights, TX Best, NE Texas Elite, Rock Solid, Waxahachie Precision, Richardson, Rogue

Session 7 – Large Gym – 6:15pm

Level 9-10 (66) Modified Continuous Capital Cup

Awards: 10:00pm

Teams: TX Best, MEGA, National Elite, Rogue, Achievers, **Powerhouse TNT**, Richardson, Houston Gym Center, Rock Solid Gym Power House, AGA, American Dream, Eagle, NE Texas Elite, New Heights, TEGA, Trevinos



TENTATIVE SCHEDULE – REVISED 11/5/24

Sunday, January 12th

Session 8 – 8:00am

Level XS (96) Modified Continuous Capital Cup

Awards: 11:00am

Teams: Fire Power, NE TX Elite, Elevate, Jischke, National Elite, Precision, TEGA, TX Dreams, Rockwall, GSC Abilene

Session 9 – 11:45am

Level XP (61) Modified Continuous Capital Cup

Awards: 3:15pm

Teams: Achievers, Rock Solid, Rockwall, GSC Abilene, Elevate, NE TX Elite, Empire, Precision, TX Dreams, TX Best, Lone Star National Elite, ASI Lakewood, TEGA, Win Kids, Fire Power

Session 10 – 4:00pm

Level 6-2/8-2/XD/XSAPH Modified Continuous Capital Cup

Awards: 8:00pm

Teams:

Level 6: Richardson, Rogue, Lone Star, Trevinos, Eagle, Waxahachie

Level 8: Eagle, Fire Power, Lone Star, Rogue, Richardson, Waxahachie, Trevinos

Level XD: Lone Star, TX Dreams, TX Best, Achievers, AGA, Waxahachie, Precision, Win Kids, GSC Abilene, Rockwall

Level XSAPH: Rockwall

Host Hotel: Embassy Suites Convention Center - Denton

3100 Town Center Trail, Denton, TX 940-243-3799

**Ask for Friends of Achievers rate \$149 single/double – standard suite
Price includes the famous free Embassy Suites Breakfast
and free nightly cocktail reception.**

Booking link: [Friends of Achievers Invitational](#)

Contact is Morgan Spillman – Group Rooms Coordinator

Please call or book before December 13th to make your reservations.

If you call to make a reservation, the group is under *Friends of Achievers Gymnastics*. When making a reservation over the phone, the best way to ask is by using the actual group code of FA3 (or CESFA3 if talking to the Honors Desk or Central Reservations).

