



1/23/19  
Final

## GIRLS FINAL SCHEDULE

HOSTED BY: FRIENDS OF ACHIEVERS

LOCATION: SWISHER COURTS

501 EAST SWISHER RD, LAKE DALLAS, TX 75965

February 23/24 - Saturday, Sunday, 2019

CONTINUOUS CAPITAL CUP FORMAT

(2 SETS OF EQUIPMENT, 1 FLOOR)

*Saturday, February 23rd, 2019*

*Session 1 - (66)*

*All Level 6's*

Open stretch – 8:00am

Team Intro – 8:20am

Warm up – 8:30am

Compete – 8:45am

Awards – 11:45am



*Saturday, February 23rd, 2019*

*Session 2 – (58)*

*All Level 7's*

Open stretch – 12:15pm  
Team Intro – 12:35pm  
Warm up – 12:45pm  
Compete – 12:56pm  
Awards – 3:30pm

*Session 3 – (32)*

*All Xcel Platinum & Diamond*

Open stretch – 4:00pm  
Team Intro – 4:20pm  
Warm up – 4:30pm  
Compete – 4:40pm  
Awards – 6:00pm

*Session 4 – (53)*

*All Level 8's, 9's, 10's*

Open stretch – 6:30pm  
Team Intro – 6:50pm  
Warm up – 7:00pm  
Compete – 7:15pm  
Awards – 9:45pm

# Sunday, February 24th, 2019

## Session 5 – (93)

### All Level 3's, 4's, 5's

Open stretch – 8:00am

Team Intro – 8:20am

Warm up – 8:30am

Compete – 8:42am

Awards – 11:45am

## Session 6 – (75)

### All Level 2A's and Xcel Bronze

Open stretch – 12:15pm

Team Intro – 12:35pm

Warm up – 12:45pm

Compete – 12:55pm

Awards – 3:00pm

## Session 7 – (62)

### All Xcel Silver

Open stretch – 3:30pm

Team Intro – 3:50pm

Warm up – 4:00pm

Compete – 4:10pm

Awards – 5:45pm

## Session 8 – (53)

### All Xcel Gold

Open stretch – 6:15pm

Team Intro – 6:35pm

Warm up – 6:45pm

Compete – 6:55pm

Awards – 8:15pm





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**Host Hotel:**     [Embassy Suites by Hilton](#)

**3100 Town Center Trail Denton, Texas 76201**  
**940-243-3799 – FREE made to order Breakfast**  
**FREE nightly evening reception**  
**Be sure to ask for the Achievers invite rate, \$144!**  
**Reservations must be made by Wed, January 23rd,**  
**2019. [Click here for booking link.](#)**

**Helpful Links:**

[Other hotel options and reservations](#)

**Swisher Courts – Meet Location**

[Swisher Courts Home page](#)

**City of Denton**

Denton City Restaurant Suggestions & Attractions:

<http://www.discoverdenton.com/index.cfm>

Local Weather (type in Denton, TX): <http://www.weather.com/>

**Your Host**

Achievers Web Site: <http://www.achieversgymnastics.com/>

Look for FOA link on home page

**Facebook page – Friends of Achievers Invitational 2019**

<https://www.facebook.com/FOAinvitational/>

**Meet Director:**

Frank Kudlac – [Frank.Kudlac@achieversgymnastics.com](mailto:Frank.Kudlac@achieversgymnastics.com)

Cell phone: 940-300-6891, Achievers Office: 940-484-4900

