

THE official Schedule of the
TEXAS TOUGH gymnastics competition -
contact texastoughmeet@gmail.com with questions.



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January 20-22, 2023

@ Esports Stadium Arlington
1200 Ballpark Way • Arlington, TX 76011

UPDATED 01/16/23

FRIDAY

SESSION 1 USAG • L7 SMALL

WARM UP - 1:00 PM <<RANGERS Awards>>

Achievers, Eagles Wings, Extreme, Lone Star, Nova, Rogue, Texas Best, Texas East, The Rock, Thunder Elite, Top Flight, World of Gymnastics, Zenith

SESSION 2 USAG • L4 & L5

WARM UP - 4:30 PM <<RANGERS Awards>>

RED GYM

Session 1 WHITE Gym

**ACRO & TUMBLING
Competition FRIDAY!**

Competition begins at 4:30 pm

WHITE GYM

Session 1 USAG • L7 LARGE

WARM UP - 1:00 PM <<COWBOYS Awards>>

Exceleration, Fire Power, Gymkix, Johnson, Richardson Ridgewood, Rock Solid, Rockwall, Rowland Ballard, Victory, Zero Gravity

Session 2 USAG • L6 SMALL

WARM UP - 4:30 PM <<Rangers Awards>>

EWA, Exceleration, Extreme K, FirePower, GymnasticWorld, Johnson, RockSolid, Rogue, Rowland Ballard, Texas East, World of Gymnastics, Zenith, Zero Gravity

BLUE GYM

SATURDAY

Session 3 USAG • XP XD

WARM UP - 8:00 AM <<RANGERS Awards>>

Session 4 USAG • L6 LARGE

WARM UP - 10:30 AM <<RANGERS Awards>>

Achievers, Richardson, Ridgewood, The Rock, Thunder Elite Texas Best, Top Flight

Session 5 USAG • L8

WARM UP - 2:15 PM <<RANGERS Awards>>

Session 6 USAG • L9, 10

WARM UP - 5:45 PM <<RANGERS Awards>>

RED GYM

Session 2 MEN'S L3

WARM UP - 8:00 AM <<RANGERS Awards>>

Session 3 MEN'S L4

WARM UP - 12:00 PM <<RANGERS Awards>>

Session 4 MEN'S L5-L10

WARM UP - 4:15 PM <<RANGERS Awards>>

Session 5
Equipment Change 8:30 PM

WHITE GYM

Session 3 TAAF • L1, L3

WARM UP - 8:00 AM
<<COWBOYS Awards>>
DIVISIONS 3, 4 & 6

Session 4 TAAF • L3

WARM UP - 11:15 AM
<<COWBOYS Awards>>
DIVISIONS 5, 7 & RANKING/ACHIEVEMENT

Session 5 TAAF • L4, L5

WARM UP - 2:45 PM <<COWBOYS Awards>>

Session 6 TAAF • L2

WARM UP - 6:30 PM <<COWBOYS Awards>>

BLUE GYM

SUNDAY

Session 7 USAG • XG

WARM UP - 8:00 AM <<RANGERS Awards>>

Session 8 TAAF • L6-L7, XG

WARM UP - 11:30 AM
<<RANGERS Awards>>
XG - DIVISIONS 4 & RANKING/ACHIEVEMENT

Session 9 TAAF • XG, XP, XD, XR (Sapp) L8-L9

WARM UP - 3:45 PM
<<RANGERS Awards>>
XG - DIVISIONS 1-3 & 5-7

RED GYM

Session 6 TAAF • XS

WARM UP - 8:00 AM
<<COWBOYS Awards>>
DIVISIONS 5, 6 & 7

Session 7 TAAF • XS

WARM UP - 12:00 PM
<<COWBOYS Awards>>
DIVISIONS 1-4 & RANKING/ACHIEVEMENT

Session 8 TAAF • XB

WARM UP - 3:30 PM <<COWBOYS Awards>>

WHITE GYM

Session 7 USAG • XB all, XS SMALL

WARM UP - 8:00 AM <<RANGERS Awards>>

XS: Extreme K, Fire Power, Johnson, Rogue, Texas East, Zenith

Session 8 USAG • XS LARGE

WARM UP - 11:15 AM <<RANGERS Awards>>

Alpha Omega, Exceleration, Gymnastic World, Lone Star, The Mega, Zero Gravity

Session 9 USAG • L1, L2

WARM UP - 3:00 PM <<RANGERS Awards>>

Session 10 USAG • L3

WARM UP - 5:30 PM <<COWBOYS Awards>>

BLUE GYM

HOSTED BY



Spectator Admissions - per session

Adult Entry ages 12+ \$25
Children ages 3-12 \$15
Military & Seniors \$15

Parking FOR ALL • \$10 Per Day

Doors open 1 Hr before 1st session daily



TRT Booster Club
Supporting The Rock Team Gymnastics