



## 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
Team Introductions	8:20 am
Warm up and begin competition	8:30 am
Awards	11:30 am

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

Open Stretch	12:00 p.m.
Team Introductions	12:20
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
Opening Ceremonies	6:10
1 touch/Competition begins	6:25
Awards	9:30



Saturday, January 20th

Session 4, All Level 9s (76)

Open Stretch	8:30 am
Team Introductions	8:50 am
Warm up and begin competition	9:00 am
Awards	12:30 pm

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
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 21<sup>st</sup>

### Session 7, All Level 3 (78)

Open Stretch	8:30 am
Team Introductions	8:50
Warm up and begin competition	9:00
Awards	11:30

### Session 8, All Level 4 (88)

Open Stretch	12:00
Team Introductions	12:20
Warm up and begin competition	12:30
Awards	3:15

### Session 9, All Level 5 (65)

Open Stretch	3:45
Team Introductions	4:05
Warm up and begin competition	4:15
Awards	6:30

Scores posted at: [www.meetscoresonline.com](http://www.meetscoresonline.com)

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