



U.S. Cellular Center
87 Haywood St. Asheville, NC 28801
www.thegala.net

FRIDAY, JANUARY 3rd

Session 1A- AAU Level 4, 5, 6, 7, Modified Optional (Modified Capital Cup Format)

FLIGHT A: Flyers, Knightdale, Lake Norman YMCA, Taylor, White Lightning, Tumblebees, Central Carolina

FLIGHT B: Chalkettes

General Stretch	9:00am
March-In	9:20am
Competition	9:35am
Awards	12:30pm

Session 1B- AAU Level 1, 2, 3 (Modified Capital Cup Format)

FLIGHT A: Tumblebees, White Lightning, Knightdale, Tumblebees,

FLIGHT B: Chalkettes, Central Carolina, Taylor, Lake Norman YMCA

General Stretch	9:00am
March-In	9:20am
Competition	9:35am
Awards	12:30pm

Session 2A- USAG Level 7 (Modified Capital Cup Format)

FLIGHT A: TNT, Everest, Bull City, First in Flight, Southeastern

FLIGHT B: Morgan's, Raleigh School, GGA, Elite II, Tataru's

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	12:45pm
March-In	1:05pm
Competition	1:20pm
Awards	4:30pm

Session 3A- USAG Level 7, Xcel Platinum, Xcel Diamond (Modified Capital Cup Format)

FLIGHT A: Flip Force, Lake Norman YMCA, Asheville, New Vision, Ultimate SC, Edge Athletics, Team Olympia, Ultimate GA, Chalkettes, Dawg House, Kozeev's, Shooting Stars

FLIGHT B: Choice, Flip Force, Appalachian, First in Flight, TNT, Central Carolina, OSEGA, Easley

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	4:45pm
March-In	5:05pm
Competition	5:20pm
Awards	8:30pm

Session 3B- USAG Level 6, Xcel Gold (Modified Capital Cup Format)

FLIGHT A: Harrison Family YMCA, Precision, Easley, OSEGA, Kidsport, Team Olympia,

FLIGHT B: Everest, GGA, New Vision, Appalachian, Edge Athletics, Elite II, Top Notch, First in Flight, WAKE, Choice, Flip Force, Knightdale, Raleigh School

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General Stretch	4:45pm
March-In	5:05pm
Competition	5:20pm
Awards	8:45pm



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SATURDAY, JANUARY 4th

Session 4A- USAG Level 9 (Modified Capital Cup Format)

FLIGHT A: Ultimate GA, Edge Athletics, Kidsport, First in Flight, New Vision, Tataru's, Taylor

FLIGHT B: Shooting Stars, Top Notch, Bull City, GGA, Easley, Elite II

General Stretch	8:30am
March-In	8:50am
Competition	9:05am
Awards	12:35pm

Session 4B- USAG Level 1, 2, 3 (Modified Capital Cup Format)

FLIGHT A: Appalachian, Easley, Ultimate SC, Edge Athletics

FLIGHT B: Top Notch, First in Flight, Lake Norman YMCA

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	8:30am
March-In	8:50am
Competition	9:05am
Awards	12:05pm

Session 5A- USAG Level 9 (Modified Capital Cup Format)

FLIGHT A: Everest, OSEGA, Precision, Chalkettes, Kozeev's, WAKE, Raleigh School

FLIGHT B: Choice, International, Morgan's, Southeastern, TNT, Asheville

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	12:45pm
March-In	1:05pm
Competition	1:20pm
Awards	3:45pm

Session 5B- USAG Xcel Silver (Modified Capital Cup Format)

FLIGHT A: Asheville, WAKE, Easley, Harrison Family YMCA, OSEGA, Everest, Precision

FLIGHT B: Knightdale, Team Olympia, Bull City, First in Flight

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	12:45pm
March-In	1:05pm
Competition	1:20pm
Awards	4:15pm

Session 6A- USAG Level 10 (Modified Capital Cup Format)

FLIGHT A: GGA, Kidsport, Precision, Shooting Stars, Tataru's, Kozeev's, Raleigh School, Team Olympia, Everest, New Vision

FLIGHT B: International, Morgan's, Taylor, Ultimate GA, First in Flight, Southeastern

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General Stretch	4:30pm
March-In	4:50pm
Competition	5:05pm
Awards	8:00pm



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SUNDAY, JANUARY 5th

Session 7A- USAG Level 8 (Modified Capital Cup Format)

FLIGHT A: Ultimate GA, Southeastern, Everest

FLIGHT B: Choice, GGA, Kidsport, TNT, Top Notch, WAKE

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	11:30am

Session 7B- USAG Xcel Bronze (Modified Capital Cup Format)

FLIGHT A: First in Flight, Asheville, Everest

FLIGHT B: Team Olympia, OSEGA, WAKE

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	11:00am

Session 8A- USAG Level 8 (Modified Capital Cup Format)

FLIGHT A: Flip Force, Morgan's, Bull City, New Vision, Tataru's, Taylor, Edge Athletics, Raleigh School

FLIGHT B: Chalkettes, OSEGA, Shooting Stars, Ultimate SC, Team Olympia, First in Flight, Kozeev's, Lake Norman YMCA, International

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	11:30am
March-In	11:50am
Competition	12:05pm
Awards	3:00pm

Session 8B- USAG Xcel Bronze (Modified Capital Cup Format)

FLIGHT A: Hahn's, Precision

FLIGHT B: Harrison Family YMCA, Knightdale, Bull City

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	11:30am
March-In	11:50am
Competition	12:05pm
Awards	2:30pm

Session 9A- USAG Level 6 (Modified Capital Cup Format)

FLIGHT A: Dawg House, Ultimate GA, Raleigh School, TNT, White Lightning, Morgan's

FLIGHT B: International, Tataru's, Bull City, Precision, Ultimate SC

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	3:15pm
March-In	3:35pm
Competition	3:50pm
Awards	7:00pm



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SUNDAY, JANUARY 5th (Continued)

Session 9B- USAG Level 4/5 (Modified Capital Cup Format)

FLIGHT A: Edge Athletics, Lake Norman YMCA, Top Notch, Choice

FLIGHT B: Ultimate SC, Easley, Ultimate SC, First in Flight

**If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	3:15pm
March-In	3:35pm
Competition	3:50pm
Awards	6:15pm