



The Gala 2015
 U.S. Cellular Center
 87 Haywood St. Asheville, NC 28801
www.thegala.net

FRIDAY, JANUARY 2nd

Session 1 PINK GYM- All AAU Levels

White Lightning, Flip Force, Central Carolina, Harris YMCA, OSEGA

General Stretch	5:00pm
March-In	5:20pm
Competition	5:30pm
Awards	8:30pm

SATURDAY, JANUARY 3rd

Session 2 PINK GYM- USAG Level 8 (Modified Capital Cup Format)

Southeastern, Harris YMCA, Team Olympia, Harpeth, International, GGA Lawrenceville, OSEGA

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	10:45am

Session 2 SILVER GYM- USAG Level 1 & Xcel Bronze (Modified Capital Cup Format)

Precision, Team Olympia, Appalachian, Easley, PAK

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	10:20am

Session 3 PINK GYM- USAG Level 8, Xcel Platinum & Diamond (Modified Capital Cup Format)

Atlanta North Stars, Central Carolina, Hahn's, Choice, Flip Force, New Vision, The Edge Athletics, Asheville Community Movement, East Tennessee, Rockdale, Acrosmith, Easley, Precision, Ultimate

**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	11:00am
March-In	11:20am
Competition	11:35am
Awards	1:45pm

Session 3 SILVER GYM- USAG Xcel Bronze (Modified Capital Cup Format)

Southeastern, Hahn's, WAKE, Asheville Community Movement, First in Flight, New Vision

**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	11:00am
March-In	11:20am
Competition	11:35am
Awards	1:20pm



SATURDAY, JANUARY 3rd (Continued)

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

East Tennessee, Southeastern, International, Gymnastix, Acrosmith, GGA Lawrenceville, 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	2:00pm
March-In	2:20pm
Competition	2:35pm
Awards	5:15pm

Session 4 SILVER GYM- USAG Xcel Silver (Modified Capital Cup Format)

Southeastern, First in Flight, PAK, Top Notch, New Vision, 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	2:00pm
March-In	2:20pm
Competition	2:35pm
Awards	4:55pm

Session 5- USAG Level 9/10

Gymnastix, Harris YMCA, Yadkin Valley, Flip Force, Harpeth, Southeastern, Top Notch, Atlanta North Stars, GGA Lawrenceville, New Vision, Ultimate, Choice, Precision, Southeastern, Team Olympia, The Edge Athletics, OSEGA

**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	5:30pm
March-In	5:50pm
Competition	6:05pm
Awards	9:15pm



SUNDAY, JANUARY 4th

Session 6 PINK GYM- USAG Level 7 (Modified Capital Cup Format)

Easley, Harpeth, Southeastern, White Lightning, Team Attraction, Team Olympia, The Edge Athletics, Acrosmith, Atlanta North Stars, Flip Force, New Vision, Precision, Choice, East Tennessee, International, WAKE, Yadkin Valley, OSEGA

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	11:45am

Session 6 SILVER GYM- USAG Xcel Gold (Modified Capital Cup Format)

Easley, East Tennessee, New Vision, Nick's Flippin Kids, Asheville Community Movement, First in Flight, PAK, WAKE, Harris YMCA, Team Olympia, Precision, Southeastern

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

Session 7 PINK GYM- USAG Level 5/6 (Modified Capital Cup Format)

Easley, Rockdale, Flip Force, Yadkin Valley, Harpeth, New Vision, Team Olympia, International, Top Notch, 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	12:00pm
March-In	12:20pm
Competition	12:35pm
Awards	2:50pm

Session 7 SILVER GYM- USAG Xcel Silver (Modified Capital Cup Format)

Acrosmith, Hahn's Nick's Flippin Kids, Team Olympia, Asheville Community Movement, Easley, Precision

**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	12:00pm
March-In	12:20pm
Competition	12:35pm
Awards	2:45pm

Session 8 PINK GYM- USAG Level 6 (Modified Capital Cup Format)

Ultimate, Acrosmith, Choice, Team Attraction, Precision, The Edge Athletics, Harpeth

**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	3:00pm
March-In	3:20pm
Competition	3:35pm
Awards	6:00pm

Session 8 SILVER GYM- USAG Level 3/4 (Modified Capital Cup Format)

Easley, Ultimate, Flip Force, New Vision, The Edge Athletics, Choice, Harpeth, Acrosmith, Ultimate

**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	3:00pm
March-In	3:20pm
Competition	3:35pm
Awards	7:00pm