



U.S. CELLULAR CENTER, ASHEVILLE, NC- JANUARY 4-6, 2019

## FRIDAY, JANUARY 4<sup>TH</sup>

### Session 1 (GYM 1)- AAU Xcel Gold, Platinum & Diamond (Modified Capitol Cup)

*Clubs: Central Carolina Gymnastics, First in Flight Gym, Harris Chalkettes, Knightdale Gymnastics, Meadowview, Metrolina Gymnastics, Morgan's Gymnastics, OSEGA, Lake Norman YMCA*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:50 AM*

### Session 1 (GYM 2)- AAU Xcel Silver (Modified Capitol Cup)

*Clubs: Central Carolina Gymnastics, Harris Chalkettes, Independent, Meadowview, OSEGA, Lake Norman YMCA*

*Open Stretch Begins: 8:00 AM*

*March In: 8:20 AM*

*Awards: 10:05 AM*

### Session 2 (GYM 1)- AAU Xcel Bronze (Modified Capitol Cup)

*Clubs: Central Carolina Gymnastics, First in Flight Gym, GCC, Harris Chalkettes, Meadowview, Metrolina Gymnastics, Morgan's Gymnastics, OSEGA, Lake Norman YMCA*

*Open Stretch Begins: 11:05 AM*

*March In: 11:25 AM*

*Awards: 1:30 PM*

### Session 2 (GYM 2)- AAU Xcel Silver (Modified Capitol Cup)

*Clubs: Central Carolina Gymnastics, First in Flight Gym, GCC, Metrolina Gymnastics, Morgan's Gymnastics, OSEGA*

*Open Stretch Begins: 11:05 AM*

*March In: 11:25 AM*

*Awards: 1:10 PM*

**Session 3 (GYM 1)- USAG Level 7 (DOB after 9/2/06)** (Modified Capitol Cup)

Clubs: Appalachian Gymnastics, Asheville Community Movement, East TN Gymnastics, Empire, GGA Lawrenceville, Georgia Elite Gymnastics, Gymnastics Inc, Meadowview, Morgan's Gymnastics, OSEGA, PAC, PBTC, Precision Gymnastics, Raleigh School Of Gymnastics, Rose's Gymnastics, Southeastern, Wake Gymnastics, Yadkin Valley Gymnastics Academy

Open Stretch Begins: 1:50 PM

March In: 2:10 PM

Awards: 5:00 PM

**Session 3 (GYM 2)- USAG Xcel Platinum (DOB after 12/9/05)** (Modified Capitol Cup)

Clubs: Asheville Gymnastics, East TN Gymnastics, Empire, Everest Gymnastics, Flight Athletic Academy, Hype, KPAC, LGA, Meadowview, Morgan's Gymnastics, New Bern Gymnastics, OC Gymnastics, Premier Athletics - Knoxville, Raleigh School Of Gymnastics, Southeastern, Top Notch Gymnastics, World Class Gymnastics, Zenith

Open Stretch Begins: 1:50 PM

March In: 2:10 PM

Awards: 5:00 PM

**Session 4 (GYM 1)- USAG Level 7 (DOB before 9/2/06)** (Modified Capitol Cup)

Clubs: Appalachian Gymnastics, Asheville Community Movement, Central Carolina Gymnastics, East TN Gymnastics, Empire, Energy, Georgia Elite Gymnastics, Harris Chalkettes, Hart Gymnastics, Meadowview, Morgan's Gymnastics, OSEGA, PBTC, Precision Gymnastics, Rockdale Gymnastics, Southeastern, Top Notch Gymnastics, World Class Gymnastics, Yadkin Valley Gymnastics Academy

Open Stretch Begins: 5:15 PM

March In: 5:35 PM

Awards: 8:35 PM

**Session 4 (GYM 2)- USAG Xcel Diamond & Xcel Platinum (DOB before 12/9/05)** (Modified Capitol Cup)

Clubs: Asheville Gymnastics, Central Carolina Gymnastics, East TN Gymnastics, Empire, Everest Gymnastics, First In Flight, Harris Chalkettes, Hart Gymnastics, Hype, KPAC, LGA, Meadowview, Morgan's Gymnastics, New Bern Gymnastics, OC Gymnastics, Premier Athletics - Knoxville, Raleigh School Of Gymnastics, Rose's Gymnastics, Southeastern, Top Notch Gymnastics, World Class Gymnastics, Zenith

Open Stretch Begins: 5:15 PM

March In: 5:35 PM

Awards: 8:50 PM

**SATURDAY, JANUARY 5<sup>TH</sup>****Session 5 (GYM 1)- USAG Level 6** (Modified Capitol Cup)

Clubs: Empire, Energy, GCC, Georgia Elite Gymnastics, Gymnastics Inc, Hart Gymnastics, KPAC, Knightdale Gymnastics, Morgan's Gymnastics, Premier Athletics - Knoxville, Rose's Gymnastics, World Class Gymnastics

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:55 AM

**Session 5 (GYM 2)- USAG Xcel Silver** (Modified Capitol Cup)

Clubs: Asheville Gymnastics, East TN Gymnastics, Empire, Everest Gymnastics, First In Flight, Flight Athletic Academy, KPAC, OC Gymnastics, Prestige Gymnastics, Southeastern, Triumph Gymnastics, Zenith

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:40 AM

**Session 6 (GYM 1)- USAG Level 6** (Modified Capitol Cup)

Clubs: Appalachian Gymnastics, Asheville Community Movement, Central Carolina Gymnastics, Georgia Elite Gymnastics, Greeneville Gymnastics, Gym Counts, Gymnastics Inc, Hype, OC Gymnastics, PBTC, Precision Gymnastics, Raleigh School Of Gymnastics, Rockdale Gymnastics, Triumph Gymnastics, Yadkin Valley Gymnastics Academy

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 2:05 PM

**Session 6 (GYM 2)- USAG Xcel Silver** (Modified Capitol Cup)

Clubs: Appalachian Gymnastics, East TN Gymnastics, Empire, KPAC, LGA, Morgan's Gymnastics, New Bern Gymnastics, Precision Gymnastics, Rose's Gymnastics, Top Notch Gymnastics, Yadkin Valley Gymnastics Academy

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 1:55 PM

**Session 7 (GYM 1)- USAG Level 9** (Modified Capitol Cup)

Clubs: Appalachian Gymnastics, Asheville Community Movement, Energy, GCC, GGA Lawrenceville, Georgia Elite Gymnastics, Gym Counts, Meadowview, OSEGA, PBTC, Raleigh School Of Gymnastics, Rose's Gymnastics, Wake Gymnastics, World Class Gymnastics

Open Stretch Begins: 2:20 PM

March In: 2:40 PM

Awards: 5:10 PM

**Session 7 (GYM 2)- USAG Xcel Silver & Gold** (Modified Capitol Cup)

Clubs: Appalachian Gymnastics, East TN Gymnastics, Empire, Everest Gymnastics, First In Flight, Flight Athletic Academy, GCC, Harris Chalkettes, Hype, Meadowview, Morgan's Gymnastics, New Bern Gymnastics, OC Gymnastics, Premier Athletics - Knoxville, Prestige Gymnastics, Rose's Gymnastics, Triumph Gymnastics, Zenith

Open Stretch Begins: 2:20 PM

March In: 2:40 PM

Awards: 5:05 PM

**Session 8 (GYM 1)- USAG Level 10** (Modified Capitol Cup)

Clubs: GGA Lawrenceville, Georgia Elite Gymnastics, Gym Counts, Harris Chalkettes, Meadowview, Morgan's Gymnastics, OSEGA, PAC, PBTC, Raleigh School Of Gymnastics, Rose's Gymnastics

Open Stretch Begins: 5:25 PM

March In: 5:45 PM

Awards: 9:00 PM

**Session 8 (GYM 2)- USAG Xcel Gold** (Modified Capitol Cup)

Clubs: East TN Gymnastics, Empire, Everest Gymnastics, First In Flight, GCC, OC Gymnastics, Precision Gymnastics, Premier Athletics - Knoxville, Southeastern, Top Notch Gymnastics, World Class Gymnastics, Yadkin Valley Gymnastics Academy, Zenith

Open Stretch Begins: 5:25 PM

March In: 5:45 PM

Awards: 8:30 PM

**SUNDAY, JANUARY 6<sup>TH</sup>****Session 9 (GYM 1)- USAG Level 8** (Modified Capitol Cup)

Clubs: GCC, Georgia Elite Gymnastics, Gymnastics Inc, OSEGA, PBTC, Rockdale Gymnastics, Rose's Gymnastics, Southeastern, Wake Gymnastics, World Class Gymnastics

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:40 AM

**Session 9 (GYM 2)- USAG Xcel Gold** (Modified Capitol Cup)

Clubs: Appalachian Gymnastics, Asheville Gymnastics, Central Carolina Gymnastics, East TN Gymnastics, Everest Gymnastics, GCC, Gymnastics Inc, Harris Chalkettes, Hype, LGA, Meadowview, Morgan's Gymnastics, New Bern Gymnastics, Premier Athletics - Knoxville, Yadkin Valley Gymnastics Academy

Open Stretch Begins: 08:00 AM

March In: 08:20 AM

Awards: 10:40 AM

**Session 10 (GYM 1)- USAG Level 8** (Modified Capitol Cup)

Clubs: Central Carolina Gymnastics, East TN Gymnastics, GCC, GGA Lawrenceville, Georgia Elite Gymnastics, Gym Counts, Harris Chalkettes, Morgan's Gymnastics, PAC, Raleigh School Of Gymnastics, Southeastern, Triumph Gymnastics, Yadkin Valley Gymnastics Academy

Open Stretch Begins: 10:55 AM

March In: 11:15 AM

Awards: 1:40 PM

**Session 10 (GYM 2)- USAG Xcel Bronze** (Modified Capitol Cup)

Clubs: East TN Gymnastics, First in Flight, GCC, Hype, KPAC, LGA, Morgan's Gymnastics, New Bern Gymnastics, OC Gymnastics, Southeastern, Triumph Gymnastics

Open Stretch Begins: 10:55 AM

March In: 11:15 AM

Awards: 1:25 PM

**Session 11 (GYM 1)- USAG Level 2 & 3** (Modified Capitol Cup)

Clubs: Asheville Community Movement, Flight Athletic Academy, GCC, Greeneville Gymnastics, Southeastern, Wake Gymnastics, Zenith

Open Stretch Begins: 1:55 PM

March In: 2:15 PM

Awards: 4:20 PM

**Session 11 (GYM 2)- USAG Xcel Bronze** (Modified Capitol Cup)

*Clubs: Appalachian Gymnastics, East TN Gymnastics, Empire, Everest Gymnastics, First in Flight, Flight Athletic Academy, Prestige Gymnastics, Rose's Gymnastics, Top Notch Gymnastics, Yadkin Valley Gymnastics Academy*

*Open Stretch Begins: 1:55 PM*

*March In: 2:15 PM*

*Awards: 4:00 PM*

**Session 12 (GYM 1)- USAG Level 4 & 5** (Modified Capitol Cup)

*Clubs: Asheville Community Movement, Flight Athletic Academy, GCC, PAC, Zenith*

*Open Stretch Begins: 4:35 PM*

*March In: 4:55 PM*

*Awards: 6:40 PM*

**Session 12 (GYM 2)- USAG Xcel Bronze** (Modified Capitol Cup)

*Clubs: Asheville Gymnastics, Everest Gymnastics, KPAC, Meadowview, Southeastern, Top Notch Gymnastics, Zenith*

*Open Stretch Begins: 4:35 PM*

*March In: 4:55 PM*

*Awards: 6:25 PM*