

AAU 4th Qualifier - Central

Perfect Balance Training Center

April 1, 2023 - April 2, 2023

Session 1: XBA - dob after 5/30/14

Saturday, Apr 1, 2023

54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 9:55 AM

Session 2: XBA - dob before 5/30/14

55 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 12:15 PM

Session 3: XBE, XBN, XB Open

48 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:45 PM

March In: 1:05 PM

Awards: 2:30 PM

Session 4: XBI, XSE

59 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:00 PM

March In: 3:20 PM

Awards: 5:15 PM

Session 5: Platinum, Diamond, 6,7

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 8:25 PM

Session 6: XSA dob after 8/15/12

Sunday, Apr 2, 2023

57 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:10 AM

Session 7: XSA dob before 8/15/12

57 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:40 AM

March In: 11:00 AM

Awards: 1:00 PM

Session 8: XSI, XSN, XS Open

47 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:30 PM

March In: 1:50 PM

Awards: 3:25 PM

Session 9: XGA

43 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:55 PM

March In: 4:15 PM

Awards: 6:00 PM

Session 10: XGE, XGI, XGN, XG Open

32 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:30 PM

March In: 6:50 PM

Awards: 8:15 PM