

**2024 4<sup>th</sup> NC AAU Qualifier**  
**Road to State Meet**  
**Hosted by: Foothills Gymnastics**  
**920 29th Ave NE, Hickory NC 28601**  
**January 7th-8th, 2023**

### **Spectator Information**

In order to provide the best overall experience, we have continued to spread out into our upper and lower gyms. To accommodate and bring you closer to the events, we will now provide two seating areas. Due to the need for portability, you will need to bring your own portable chair. 2 of the events, Uneven Bars and Floor will be in our downstairs gym, and 2 of the events, Balance Beam and Vault will be in our upstairs gym. So again the need for portability is key. We have limited handicap viewing for those that can't make the flight of stairs.

#### **What to Expect:**

- 1. Upon arrival, all gymnasts and coaches will go to the left for check in, and spectators will come to the main desk for admissions.**

**\$10 - All spectators**

- 2. Please remember to bring your own chairs. We will have a limited number of metal chairs on hand to rent for \$3.**

**3. You will then head to the right down the hallway, past the bathrooms on your left. Straight ahead will dump right into our main lobby where our T-shirt vendor is as well as extra vault viewing, EAGLE SPORTZ will have not only our meet t-shirt, but also other gymnastics apparel. If you head left, you will go down a small hallway that opens into our upper gym. The Upstairs seating for Balance Beam and Vault is straight and to the right. Another door to the t-shirt vendor is accessible from there. To the left will be a path passing the women's room on the left and black set of stairs, watch your head. On the other side of the stairs on that left side is the men's room. Straight ahead from there is a doorway to the staircase down to the lower gym. This will lead you to the downstairs seating area where you will watch Uneven Bars and Floor Exercise. After the last kid has finished, please make your way back out past the office where you checked in and down the long hallway to the awards area on your right. There is an opening at the end of the brick wall. We are excited to host this event every year, and hope that it's a great kick off to the season for all the girls.**

#### **Hotel Rates: Mention Foothills Gymnastics**

**Hilton Garden Inn: \$149**

**Hampton Inn: \$149**

**Holiday Inn: \$129**

**Best Western: \$110**

## Schedule

Saturday, April 6<sup>th</sup>

### Session 1: Bronze Novice

**Format: Modified Capitol Cup**

**Open Stretch: 8:00am**

**March In: 8:20 am**

**Awards to follow**

### Session 2: Bronze Advance

**Format: Modified Capitol Cup**

**Open Stretch: 10:30 am**

**March In: 10:50pm**

**Awards: to follow**

### Session 3: Bronze Elite, Copper, 4x4 Boys

**Format: Modified Capitol Cup**

**Open Stretch: 1:00pm**

**March In: 1:20pm**

**Awards: to follow**

### Session 4: Silver Intermediate, Silver Novice

**Format: Modified Capitol Cup**

**Open Stretch: 3:20pm**

**March In: 3:40pm**

**Awards: to follow**

### Session 5: Silver Advance

**Format: Modified Capitol Cup**

**Open Stretch: 5:50pm**

**March In: 6:10pm**

**Awards: to follow**

**Sunday, April 7<sup>th</sup>**

**Session 1: Silver Elite**

**Format: Modified Capitol Cup**

**Open Stretch: 8:00am**

**March In: 8:20 am**

**Awards to follow**

**Session 2: Gold Advance**

**Format: Modified Capitol Cup**

**Open Stretch: 10:15 am**

**March In: 10:35am**

**Awards: to follow**

**Session 3: Gold Elite, Gold Intermediate, Gold Novice**

**Format: Modified Capitol Cup**

**Open Stretch: 1:30pm**

**March In: 1:50pm**

**Awards: to follow**

**Session 4: Level 7, Diamond, Platinum**

**Format: Modified Capitol Cup**

**Open Stretch: 4:30pm**

**March In: 4:50pm**

**Awards: to follow**