

AAU Southern Regionals

Greensboro Coliseum

June 6, 2025 - June 8, 2025

Session 1A. Gold (DOB before 10/12/12)

Friday, Jun 6, 2025

Clubs: Airborne Athletics, Balance Point Gymnastics, Carolina Elite Gymnastics Academy Inc., Carolina Gymnastics Academy, Champion Mindset, Charlotte Allstar Gymnastics, Cheraw Gymnastics, Clemmons Gymnastics, Elite Gym Usa, Flip City Gymnastics, Foothills Gymnastics Training Center, Futuristic Gymnastics, Gym Counts, Gymnastics Center Of Hartsville, Gymnastics Gold, Gymnastics Unlimited, Harris Chalkettes, High Point Gymnastics Academy, Kidsport Gymnastic Academy, Lee County Gymnastics, New Bern Gymnastics, New River Gymnastics Academy, North Georgia Reign Gymnastics, Old Town Gymnastics, Randolph Gymnastics Academy, River City Gymnastics, Triple E Kids, Triumph Gymnastics, Tullahoma Gymnastics And Cheer, Ultimate Kids, Vasi's International Gymnastics
81 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 8:40 PM

Session 1B. Bronze (DOB on or before 12/2/15 - Group 1)

Clubs: Airborne Athletics, Balance Point Gymnastics, Carolina Gymnastics Academy, Champion Mindset, Clemmons Gymnastics, Core Gymnastics, Elite Gym Usa, Flip City Gymnastics, Harris Chalkettes, Hillsborough Gymnastics, Lee County Gymnastics, New River Gymnastics Academy, Palmetto Athletic Center, Positively Gymnastics, Randolph Gymnastics Academy, Starsteps Gymnastics Center, Vasi's International Gymnastics, Zenith Gymnastics
77 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 8:00 PM

Session 2A. Gold (DOB 10/12/12 -6/10/14)

Saturday, Jun 7, 2025

Clubs: Airborne Athletics, Balance Point Gymnastics, Brick House Cheer Gymnastics & Tumbling, Carolina Gymnastics Academy, Champion Mindset, Clemmons Gymnastics, Core Gymnastics, Elite Gym Usa, Flip City Gymnastics, Foothills Gymnastics Training Center, Gym Counts, Gymnastics Center Of Hartsville, Gymnastics Gold, Gymnastics Unlimited, Harris Chalkettes, Hartwell Twisters, High Point Gymnastics Academy, Kidsport Gymnastic Academy, Lee County Gymnastics, New River Gymnastics Academy, North Georgia Reign Gymnastics, Old Town Gymnastics, Palmetto Athletic Center, Positively Gymnastics, Randolph Gymnastics Academy, River City Gymnastics, Southern Gold Gymnastics, Starsteps Gymnastics Center, The Gym Nest, Triple E Kids, Triumph Gymnastics, Tullahoma Gymnastics And Cheer, Ultimate Kids, Vasi's International Gymnastics, Vidalia Gymnastics, Zenith Gymnastics
80 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 11:20 AM

Session 2B, Bronze (DOB on or before 12/2/15 - Group 2)

Clubs: Cayce Gymnastics, Charlotte Allstar Gymnastics, Grayson County Gymnastics, Gymnastics Gold, Gymnastics Unlimited, High Point Gymnastics Academy, Kidsport Gymnastic Academy, New Bern Gymnastics, Oconee Gymnastics, Pharr Dream, Port Wentworth Gymnastics (Pwg), River City Gymnastics, Tlc Athletics, Triumph Gymnastics

56 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 10:40 AM

Session 3A. Gold (10 and under)

Clubs: Balance Point Gymnastics, Carolina Elite Gymnastics Academy Inc., Champion Mindset, Clemmons Gymnastics, Core Gymnastics, Elite Gym Usa, Flip City Gymnastics, Foothills Gymnastics Training Center, Futuristic Gymnastics, Gym Counts, Gymnastics Center Of Hartsville, Gymnastics Gold, Harris Chalkettes, Hartwell Twisters, High Point Gymnastics Academy, Lee County Gymnastics, North Georgia Reign Gymnastics, Old Town Gymnastics, Pharr Dream, Positively Gymnastics, Randolph Gymnastics Academy, River City Gymnastics, The Gym Nest, Triple E Kids, Triumph Gymnastics, Ultimate Kids, Vasi's International Gymnastics, Vidalia Gymnastics

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:40 AM

March In: 12:00 PM

Awards: 2:05 PM

Session 3B. Bronze (DOB on or after 12/3/15 - Group 1)

Clubs: Airborne Athletics, Carolina Gymnastics Academy, Cayce Gymnastics, Charlotte Allstar Gymnastics, Cheraw Gymnastics, Gym Counts, Gymnastics Gold, Gymnastics Unlimited, Harris Chalkettes, Lee County Gymnastics, New Bern Gymnastics, Oconee Gymnastics, Port Wentworth Gymnastics (Pwg), River City Gymnastics, Starsteps Gymnastics Center, Sumter Gymnastics, Tlc Athletics, Triumph Gymnastics, Tullahoma Gymnastics And Cheer

70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:40 AM

March In: 12:00 PM

Awards: 2:05 PM

Session 4A. Silver (DOB before 5/20/14 - Group 1)

Clubs: Carolina Gymnastics Academy, Champion Mindset, Cheraw Gymnastics, Flip City Gymnastics, Grayson County Gymnastics, Harris Chalkettes, Lee County Gymnastics, New Bern Gymnastics, New River Gymnastics Academy, Port City Gymnastics, Port Wentworth Gymnastics (Pwg), Starsteps Gymnastics Center, Tlc Athletics, Triumph Gymnastics, Zenith Gymnastics

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 4:50 PM

Session 4B. Bronze (DOB on or after 12/3/15 - Group 2)

Clubs: Balance Point Gymnastics, Carolina Elite Gymnastics Academy Inc., Champion Mindset, Clemmons Gymnastics, Core Gymnastics, Elite Gym Usa, Flip City Gymnastics, Futuristic Gymnastics, Hartwell Twisters, High Point Gymnastics Academy, Hillsborough Gymnastics, Kidsport Gymnastic Academy, New River Gymnastics Academy, North Georgia Reign Gymnastics, Palmetto Athletic Center, Pharr Dream, Positively Gymnastics, Randolph Gymnastics Academy, Soar Moor Gymnastics, The Gym Nest, Triple E Kids, Ultimate Kids, Vasi's International Gymnastics

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 4:50 PM

Session 5A. Silver (DOB before 5/20/14 - Group 2), Level 3

Clubs: Airborne Athletics, Balance Point Gymnastics, Cayce Gymnastics, Charlotte Allstar Gymnastics, Clemmons Gymnastics, Core Gymnastics, Elite Gym Usa, Gymnastics Gold, Gymnastics Unlimited, High Point Gymnastics Academy, Kidsport Gymnastic Academy, North Georgia Reign Gymnastics, Oconee Gymnastics, Old Town Gymnastics, Palmetto Athletic Center, Pharr Dream, Randolph Gymnastics Academy, River City Gymnastics, Step Ahead Gymnastics, Sumter Gymnastics, Triple E Kids, Tullahoma Gymnastics And Cheer, Vasi's International Gymnastics, Vidalia Gymnastics

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:10 PM

March In: 5:30 PM

Awards: 7:40 PM

Session 5B. Platinum (14 and under), Level 8, all Adult levels

Clubs: Carolina Gymnastics Academy, Champion Mindset, Cheraw Gymnastics, Core Gymnastics, Flip City Gymnastics, Foothills Gymnastics Training Center, Grayson County Gymnastics, Gym Counts, Gymnastics Center Of Hartsville, Harris Chalkettes, High Point Gymnastics Academy, Knightdale Gymnastics, Lee County Gymnastics, Meadowview Gymnastics Academy, New River Gymnastics Academy, Palmetto Athletic Center, Positively Gymnastics, River City Gymnastics, Ross County Ymca, Spartanburg Gymnastics Training Center, Step Ahead Gymnastics, Triple E Kids, Triumph Gymnastics, Ultimate Kids, Vasi's International Gymnastics

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:10 PM

March In: 5:30 PM

Awards: 8:50 PM

Session 6A. Silver (DOB 12/7/15 and later)

Sunday, Jun 8, 2025

Clubs: Carolina Elite Gymnastics Academy Inc., Carolina Gymnastics Academy, Cayce Gymnastics, Champion Mindset, Charlotte Allstar Gymnastics, Cheraw Gymnastics, Clemmons Gymnastics, Core Gymnastics, Elite Gym Usa, Flip City Gymnastics, Grayson County Gymnastics, Gym Counts, Gymnastics Center Of Hartsville, Gymnastics Gold, Harris Chalkettes, High Point Gymnastics Academy, Kidsport Gymnastic Academy, Lee County Gymnastics, New River Gymnastics Academy, North Georgia Reign Gymnastics, Oconee Gymnastics, Old Town Gymnastics, Palmetto Athletic Center, Pharr Dream, Port Wentworth Gymnastics (Pwg), Positively Gymnastics, Randolph Gymnastics Academy, River City Gymnastics, Southern Gold Gymnastics, The Gym Nest, Triple E Kids, Tullahoma Gymnastics And Cheer, Ultimate Kids

75 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 11:10 AM

Session 6B. Diamond, Sapphire, Levels 4-7, Platinum (15 and up)

Clubs: Airborne Athletics, Carolina Elite Gymnastics Academy Inc., Champion Mindset, Core Gymnastics, Elite Gym Usa, Flip City Gymnastics, Foothills Gymnastics Training Center, Gym Counts, Gymnastics Center Of Hartsville, Gymnastics Unlimited, Knightdale Gymnastics, Lee County Gymnastics, New River Gymnastics Academy, Red Lily Gymnastics, River City Gymnastics, Rock Solid Gymnastics, Ross County Ymca, Southern Gold Gymnastics, Step Ahead Gymnastics, Thomasville Twisters, Triumph Gymnastics, Ultimate Kids

52 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:30 AM

March In: 8:50 AM

Awards: 11:15 PM

Session 7A. Silver (DOB 5/21/14 -12/6/15 - Group 1)

Clubs: Balance Point Gymnastics, Carolina Gymnastics Academy, Clemmons Gymnastics, Flip City Gymnastics, Harris Chalkettes, Kidsport Gymnastic Academy, New River Gymnastics Academy, Pharr Dream, Port City Gymnastics, Port Wentworth Gymnastics (Pwg), Positively Gymnastics, River City Gymnastics, Southern Gold Gymnastics, The Gym Nest, Ultimate Kids

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:30 AM

March In: 11:50 AM

Awards: 1:55 PM

Session 7B. Copper (7 and under), Level 1, 2

Clubs: Airborne Athletics, Carolina Gymnastics Academy, Champion Mindset, Cheraw Gymnastics, Core Gymnastics, Elite Gym Usa, Flip City Gymnastics, Gym Counts, Gymnastics Center Of Hartsville, Harris Chalkettes, High Point Gymnastics Academy, New River Gymnastics Academy, North Georgia Reign Gymnastics, Oconee Gymnastics, Pharr Dream, Randolph Gymnastics Academy, Soar Moor Gymnastics, Starsteps Gymnastics Center, Sumter Gymnastics, Vidalia Gymnastics

64 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:30 AM

March In: 11:50 AM

Awards: 1:45 PM

Session 8A. Silver (DOB 5/21/14 -12/6/15 - Group 2)

Clubs: Airborne Athletics, Carolina Elite Gymnastics Academy Inc., Cayce Gymnastics, Champion Mindset, Charlotte Allstar Gymnastics, Cheraw Gymnastics, Core Gymnastics, Elite Gym Usa, Foothills Gymnastics Training Center, Futuristic Gymnastics, Gymnastics Gold, Gymnastics Unlimited, High Point Gymnastics Academy, Hillsborough Gymnastics, Lee County Gymnastics, New Bern Gymnastics, Oconee Gymnastics, Old Town Gymnastics, Palmetto Athletic Center, Randolph Gymnastics Academy, Tlc Athletics, Triple E Kids, Triumph Gymnastics, Vasi's International Gymnastics

66 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:10 PM

March In: 2:30 PM

Awards: 4:30 PM

Session 8B. Copper (8 and up), Boys 4x4

Clubs: Carolina Gymnastics Academy, Clemmons Gymnastics, Core Gymnastics, Elite Gym Usa, Flip City Gymnastics, Gymnastics Center Of Hartsville, Gymnastics Unlimited, Harris Chalkettes, High Point Gymnastics Academy, New River Gymnastics Academy, North Georgia Reign Gymnastics, Pharr Dream, Randolph Gymnastics Academy, Ross County Ymca, Soar Moor Gymnastics, Southern Gold Gymnastics, Starsteps Gymnastics Center, Sumter Gymnastics
66 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:10 PM

March In: 2:30 PM

Awards: 4:30 PM