

NC AAU State Meet

Team NC AAU

April 24, 2026 - April 26, 2026

Session 1A. Gold Novice, Adv-3

Friday, Apr 24, 2026

Clubs: Carolina Elite Gymnastics Academy Inc., Carolina Flipz, Carolina Gymnastics Academy, Central Carolina Gymnastics Academy Of Lexington, Charlotte Gymnastics Academy, Clemmons Gymnastics, Core Gymnastics, Crystal Coast Gymnastics, Dance Sensations & Gymnastics, Dream City Gymnastics, Element Gymnastics And Sports Center, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Foothills Gymnastics Training Center, Gymnastics Unlimited, Harris Chalkettes, High Point Gymnastics Academy, Knightdale Gymnastics, Lee County Gymnastics, New Vision Gymnastics, Old Town Gymnastics Academy, Perfect Balance Training Center, Randolph Gymnastics Academy, River City Gymnastics, Rose's Gymnastics Training Center, Sga Gymnastics, Stanly County Gymnastics, Starsteps Gymnastics Center, Top Notch Gymnastics, Triumph Gymnastics, Ultimate Kids

85 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:55 AM

Session 1B. Silver Novice, Adv (Team Group A)

Clubs: Carolina Elite Gymnastics Academy Inc., Carolina Flipz, Charlotte Allstar Gymnastics, Charlotte Gymnastics Academy, Dance Sensations & Gymnastics, Element Gymnastics And Sports Center, Energy, Everest Gymnastics Aau, Foothills Gymnastics Training Center, Gymnastics Unlimited, Harris Chalkettes, Mecklenburg County Ymca, Nc Fury Gymnastics, New River Gymnastics Academy, New Vision Gymnastics, Old Town Gymnastics Academy, Salem Gymnastics, Sga Gymnastics, Top Notch Gymnastics, Ultimate Kids

61 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:20 AM

Session 2A. Gold Adv-2

Clubs: Carolina Elite Gymnastics Academy Inc., Carolina Flipz, Carolina Gymnastics Academy, Central Carolina Gymnastics Academy Of Lexington, Charlotte Gymnastics Academy, Clemmons Gymnastics, Core Gymnastics, Dream City Gymnastics, Energy, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Gymnastics Unlimited, Harris Chalkettes, High Point Gymnastics Academy, Kidsport Gymnastic Academy, Knightdale Gymnastics, Lee County Gymnastics, Legends Sports Academy, New Bern Gymnastics, Old Town Gymnastics Academy, Olympia Gymnastics, Perfect Balance Training Center, Randolph Gymnastics Academy, River City Gymnastics, Rose's Gymnastics Training Center, Stanly County Gymnastics, Starsteps Gymnastics Center, Top Notch Gymnastics, Triumph Gymnastics, Ultimate Kids, Yadkin Valley Gymnastics Academy

79 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 1:55 PM

Session 2B. Silver Adv (Team Group B)

Clubs: Carolina Flipz, Carolina Gymnastics Academy, Clemmons Gymnastics, Core Gymnastics, Countryside Gymnastics, Crystal Coast Gymnastics, Foothills Gymnastics Training Center, Hahn's Gymnastics, High Point Gymnastics Academy, Mecklenburg County Ymca, Randolph Gymnastics Academy, River City Gymnastics, Rose's Gymnastics Training Center, Up And Coming Gymnastics, Wilson Parks And Recreation, Yadkin Valley Gymnastics Academy

75 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:35 AM

March In: 10:55 AM

Awards: 1:05 PM

Session 3A. Gold Adv-1 and Elite-2

Clubs: Carolina Gymnastics Academy, Central Carolina Gymnastics Academy Of Lexington, Charlotte Gymnastics Academy, Clemmons Gymnastics, Core Gymnastics, Dance Sensations & Gymnastics, Energy, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Foothills Gymnastics Training Center, Gymnastics Unlimited, Harris Chalkettes, High Point Gymnastics Academy, Kidsport Gymnastic Academy, Knightdale Gymnastics,

Lee County Gymnastics, Nc Fury Gymnastics, Perfect Balance Training Center, Randolph Gymnastics Academy, River City Gymnastics, Sga Gymnastics, Stanly County Gymnastics, Starsteps Gymnastics Center, Top Notch Gymnastics, Triumph Gymnastics, Ultimate Kids, Unify Athletics, Universal Elite Gymnastics, Zenith Gymnastics

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:10 PM

March In: 2:30 PM

Awards: 4:40 PM

Session 3B. Silver Adv (Team Group C)

Clubs: Acrosport Gymnastics, Central Carolina Gymnastics Academy Of Lexington, Charlotte Gymnastics Academy, Countryside Gymnastics, Dance Sensations & Gymnastics, Dream City Gymnastics, Hillsborough Gymnastics, Kidsport Gymnastic Academy, Knightdale Gymnastics, Lee County Gymnastics, Legends Sports Academy, Perfect Balance Training Center, Port City Gymnastics, Salem Gymnastics, Sga Gymnastics, Starsteps Gymnastics Center, Zenith Gymnastics

74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:20 PM

March In: 1:40 PM

Awards: 3:50 PM

Session 4A. Gold Elite Top

Clubs: Carolina Gymnastics Academy, Central Carolina Gymnastics Academy Of Lexington, Clemmons Gymnastics, Core Gymnastics, Dance Sensations & Gymnastics, Element Gymnastics And Sports Center, Energy, Everest Gymnastics Aau, Foothills Gymnastics Training Center, Harris Chalkettes, High Point Gymnastics Academy, Kidsport Gymnastic Academy, Lee County Gymnastics, Legends Sports Academy, New River Gymnastics Academy, Perfect Balance Training Center, Randolph Gymnastics Academy, Rose's Gymnastics Training Center, Stanly County Gymnastics, Top Notch Gymnastics, Zenith Gymnastics

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:55 PM

March In: 5:15 PM

Awards: 7:30 PM

Session 4B. Silver Elite (Team Group A)

Clubs: Charlotte Allstar Gymnastics, Charlotte Gymnastics Academy, Crystal Coast Gymnastics, Element Gymnastics And Sports Center, Foothills Gymnastics Training Center, High Point Gymnastics Academy, Hillsborough Gymnastics, Knightdale Gymnastics, Lee County Gymnastics, Mecklenburg County Ymca, Morgan's Gymnastics, New Bern Gymnastics, New Vision Gymnastics, Port City Gymnastics, Sga Gymnastics, Stanly County Gymnastics, Starsteps Gymnastics Center, Up And Coming Gymnastics, Yadkin Valley Gymnastics Academy

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:05 PM

March In: 4:25 PM

Awards: 6:20 PM

Session 5A. Bronze Novice, Adv (Team Group A)

Saturday, Apr 25, 2026

Clubs: Carolina Elite Gymnastics Academy Inc., Carolina Flipz, Clemmons Gymnastics, Core Gymnastics, Countryside Gymnastics, Crystal Coast Gymnastics, Dance Sensations & Gymnastics, Element Gymnastics And Sports Center, Foothills Gymnastics Training Center, Harris Chalkettes, Knightdale Gymnastics, Lee County Gymnastics, Legends Sports Academy, Mecklenburg County Ymca, Nc Fury Gymnastics, Old Town Gymnastics Academy, Randolph Gymnastics Academy, Sga Gymnastics, Soar Moor Gymnastics, Stanly County Gymnastics, Starsteps Gymnastics Center, Unify Athletics, Zenith Gymnastics

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:15 AM

Session 5B. Boys 4x4, Silver Elite (Team Group B)

Clubs: Acrosport Gymnastics, Carolina Flipz, Central Carolina Gymnastics Academy Of Lexington, Core Gymnastics, Countryside Gymnastics, Everest Gymnastics Aau, Gymnastics Unlimited, Legends Sports Academy, Nc Fury Gymnastics, New River Gymnastics Academy, River City Gymnastics, Rose's Gymnastics Training Center, Salem Gymnastics

70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:25 AM

Session 6A. Bronze Adv (Team Group B)

Clubs: Carolina Elite Gymnastics Academy Inc., Central Carolina Gymnastics Academy Of Lexington, Charlotte Allstar Gymnastics, Energy, Everest Gymnastics Aau, Foothills Gymnastics Training Center, Gymnastics Unlimited, Harris Chalkettes, Hillsborough Gymnastics, Kidsport Gymnastic Academy, Perfect Balance Training Center, Port City Gymnastics, River City Gymnastics, Rose's Gymnastics Training Center, Starsteps Gymnastics Center, Top Notch Gymnastics, Ultimate Kids, Zenith Gymnastics

70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:30 AM

March In: 10:50 AM

Awards: 12:40 PM

Session 6B. Silver Elite (Team Group C)

Clubs: Carolina Gymnastics Academy, Clemmons Gymnastics, Countryside Gymnastics, Energy, Flying High Academy Of Mooresville, Hahn's Gymnastics, Harris Chalkettes, Kidsport Gymnastic Academy, Perfect Balance Training Center, Randolph Gymnastics Academy, Top Notch Gymnastics, Triumph Gymnastics, Ultimate Kids

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:40 AM

March In: 11:00 AM

Awards: 1:10 PM

Session 7A. Bronze Adv (Team Group C)

Clubs: Acrosport Gymnastics, Carolina Flipz, Clemmons Gymnastics, Countryside Gymnastics, Flying High Academy Of Mooresville, Hahn's Gymnastics, High Point Gymnastics Academy, Old Town Gymnastics Academy, Randolph Gymnastics Academy, Sga Gymnastics, Unify Athletics, Yadkin Valley Gymnastics Academy

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:55 PM

March In: 1:15 PM

Awards: 3:10 PM

Session 7B. Silver Elite Top

Clubs: Carolina Gymnastics Academy, Central Carolina Gymnastics Academy Of Lexington, Clemmons Gymnastics, Core Gymnastics, Countryside Gymnastics, Element Gymnastics And Sports Center, Energy, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Hahn's Gymnastics, Harris Chalkettes, High Point Gymnastics Academy, Kidsport Gymnastic Academy, Legends Sports Academy, Morgan's Gymnastics, New Bern Gymnastics, New River Gymnastics Academy, Perfect Balance Training Center, Port City Gymnastics, Randolph Gymnastics Academy, River City Gymnastics, Stanly County Gymnastics, Top Notch Gymnastics, Triumph Gymnastics

75 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:25 PM

March In: 1:45 PM

Awards: 3:55 PM

Session 8A. Bronze Elite (Team Group A)

Clubs: Acrosport Gymnastics, Element Gymnastics And Sports Center, Everest Gymnastics Aau, Harris Chalkettes, Kidsport Gymnastic Academy, Lee County Gymnastics, Randolph Gymnastics Academy, River City Gymnastics, Stanly County Gymnastics, Zenith Gymnastics

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:25 PM

March In: 3:45 PM

Awards: 5:40 PM

Session 8B. Copper Novice, Adv-2

Clubs: Acrosport Gymnastics, Charlotte Allstar Gymnastics, Crystal Coast Gymnastics, Dance Sensations & Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Foothills Gymnastics Training Center, Hahn's Gymnastics, Harris Chalkettes, Knightdale Gymnastics, Kpac, Nc Fury Gymnastics, Perfect Balance Training Center, Randolph Gymnastics Academy, Sga Gymnastics, Soar Moor Gymnastics, Starsteps Gymnastics Center, Universal Elite Gymnastics, Up And Coming Gymnastics

61 gymnasts

Format: Modified Capitol Cup
Open Stretch Begins: 4:10 PM
March In: 4:30 PM
Awards: 5:55 PM

Session 9A. Bronze Elite (Team Group B)

Clubs: Carolina Elite Gymnastics Academy Inc., Carolina Gymnastics Academy, Countryside Gymnastics, Crystal Coast Gymnastics, Gymnastics Unlimited, High Point Gymnastics Academy, Legends Sports Academy, New Bern Gymnastics, New River Gymnastics Academy, Perfect Balance Training Center, Rose's Gymnastics Training Center, Top Notch Gymnastics, Triumph Gymnastics, Unify Athletics, Yadkin Valley Gymnastics Academy

70 gymnasts

Format: Modified Capitol Cup
Open Stretch Begins: 5:55 PM
March In: 6:15 PM
Awards: 8:05 PM

Session 9B. Platinum (DOB after 12/20/2012)

Clubs: Acrosport Gymnastics, Carolina Flipz, Charlotte Gymnastics Academy, Core Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Gymnastics Unlimited, Harris Chalkettes, High Point Gymnastics Academy, Knightdale Gymnastics, Lee County Gymnastics, New River Gymnastics Academy, Old Town Gymnastics Academy, Perfect Balance Training Center, Randolph Gymnastics Academy, River City Gymnastics, Triumph Gymnastics, Ultimate Kids

60 gymnasts

Format: Modified Capitol Cup
Open Stretch Begins: 6:10 PM
March In: 6:30 PM
Awards: 8:55 PM

Session 10A. Bronze Elite (Team Group C)

Sunday, Apr 26, 2026

Clubs: Carolina Flipz, Central Carolina Gymnastics Academy Of Lexington, Charlotte Allstar Gymnastics, Clemmons Gymnastics, Core Gymnastics, Energy, Flying High Academy Of Mooresville, Hahn's Gymnastics, Hillsborough Gymnastics, Knightdale Gymnastics, Port City Gymnastics, Soar Moor Gymnastics, Ultimate Kids

73 gymnasts

Format: Modified Capitol Cup
Open Stretch Begins: 8:20 AM
March In: 8:40 AM
Awards: 10:35 AM

Session 10B. Copper Adv-1

Clubs: Central Carolina Gymnastics Academy Of Lexington, Charlotte Allstar Gymnastics, Crystal Coast Gymnastics, Dream City Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Foothills Gymnastics Training Center, Harris Chalkettes, Hillsborough Gymnastics, Knightdale Gymnastics, Kpac, Legends Sports Academy, Nc Fury Gymnastics, Perfect Balance Training Center, Randolph Gymnastics Academy, Sga Gymnastics, Soar Moor Gymnastics, Stanly County Gymnastics, Ultimate Kids, Up And Coming Gymnastics

75 gymnasts

Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:10 AM

Session 11A. Bronze Elite Top

Clubs: Acrosport Gymnastics, Carolina Gymnastics Academy, Central Carolina Gymnastics Academy Of Lexington, Clemmons Gymnastics, Energy, Everest Gymnastics Aau, Gymnastics Unlimited, Hahn's Gymnastics, Harris Chalkettes, High Point Gymnastics Academy, Knightdale Gymnastics, Legends Sports Academy, New Bern Gymnastics, New River Gymnastics Academy, Perfect Balance Training Center, Port City Gymnastics, Rose's Gymnastics Training Center, Stanly County Gymnastics, Top Notch Gymnastics, Yadkin Valley Gymnastics Academy

76 gymnasts

Format: Modified Capitol Cup
Open Stretch Begins: 10:50 AM
March In: 11:10 AM
Awards: 1:05 PM

Session 11B. Copper Elite-2

Clubs: Acrosport Gymnastics, Carolina Gymnastics Academy, Central Carolina Gymnastics Academy Of Lexington, Charlotte Allstar Gymnastics, Countryside Gymnastics, Crystal Coast Gymnastics, Element Gymnastics And Sports Center, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Foothills Gymnastics Training Center, Hahn's Gymnastics, Harris Chalkettes, High Point Gymnastics Academy, Knightdale Gymnastics, Kpac, Legends Sports Academy, New River Gymnastics Academy, Perfect Balance Training Center, Randolph Gymnastics Academy, Soar Moor Gymnastics, Stanly County Gymnastics, Up And Coming Gymnastics

79 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 12:35 PM

Session 12A. Diamond, Sapphire, Level 6, Adult levels

Clubs: Carolina Elite Gymnastics Academy Inc., Charlotte Gymnastics Academy, Everest Gymnastics Aau, Harris Chalkettes, Knightdale Gymnastics, Lee County Gymnastics, New River Gymnastics Academy, Perfect Balance Training Center, River City Gymnastics, Ultimate Kids, Yadkin Valley Gymnastics Academy

40 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:25 PM

March In: 1:45 PM

Awards: 3:45 PM

Session 12B. Copper Elite Top

Clubs: Carolina Gymnastics Academy, Central Carolina Gymnastics Academy Of Lexington, Countryside Gymnastics, Everest Gymnastics Aau, Hahn's Gymnastics, High Point Gymnastics Academy, Hillsborough Gymnastics, Legends Sports Academy, New River Gymnastics Academy, Perfect Balance Training Center, Stanly County Gymnastics, Ultimate Kids, Up And Coming Gymnastics

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:50 PM

March In: 1:10 PM

Awards: 2:55 PM

Session 13B. Platinum (DOB Before 12/20/2012)

Clubs: Acrosport Gymnastics, Carolina Gymnastics Academy, Charlotte Gymnastics Academy, Core Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Gymnastics Unlimited, Harris Chalkettes, High Point Gymnastics Academy, Kidsport Gymnastic Academy, Knightdale Gymnastics, Lee County Gymnastics, New River Gymnastics Academy, Old Town Gymnastics Academy, Perfect Balance Training Center, Rose's Gymnastics Training Center, Triumph Gymnastics

61 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:00 PM

March In: 3:20 PM

Awards: 5:55 PM