



U.S. CELLULAR CENTER, ASHEVILLE, NC • JANUARY 5, 6 & 7, 2018

## FRIDAY, JANUARY 5<sup>th</sup>

### Session 1 PINK GYM- AAU Level 1, Xcel Bronze (5/15/09 & after) (Modified Capital Cup Format)

*East Pasco, First In Flight, Meadowview, Hahn's, Central Carolina, Charlotte All-Stars, Tri-County, OSEGA*

General Stretch	8:00am
March-In	8:20am
Awards	10:05am

### Session 1 SILVER GYM- AAU Xcel Silver (10/26/06 & before) (Modified Capital Cup Format)

*Meadowview, East Pasco, Hahn's, Metrolina, Flip Force, Central Carolina, First In Flight, Charlotte All-Stars, Tri-County*

General Stretch	8:00am
March-In	8:20am
Awards	10:05am

### Session 2 PINK GYM- AAU Level 2, Xcel Bronze (5/14/09 & before) (Modified Capital Cup Format)

*Charlotte All-Stars, OSEGA, East Pasco, Central Carolina, East Pasco, First In Flight, Hahn's, Tri-County, Meadowview*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	10:20am
March-In	10:40am
Awards	12:25pm

### Session 2 SILVER GYM- AAU Xcel Silver (8/25/07 & after) (Modified Capital Cup Format)

*Flip Force, Charlotte All-Stars, Central Carolina, Tri-County, Hahn's, OSEGA, First In Flight, Meadowview, Metrolina*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	10:20am
March-In	10:40am
Awards	12:30pm

### Session 3 PINK GYM- AAU Xcel Gold (Modified Capital Cup Format)

*Charlotte All-Stars, Central Carolina, East Pasco, Metrolina, OSEGA, Hahn's, Meadowview, World Class, Tri-County*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	1:10pm
March-In	1:30pm
Awards	4:45pm

### Session 3 SILVER GYM- AAU Xcel Platinum & Xcel Silver (10/27/06 – 8/24/07) (Modified Traditional)

*World Class, East Pasco, Charlotte All-Stars, OSEGA*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	1:10pm
March-In	1:30pm
Awards	4:00pm

## Competition Schedule

**Session 4 PINK GYM- USAG Level 7** (Modified Capital Cup Format)

*The Edge Athletics, Harrison YMCA, Top Notch, Team Olympia, WAKE, Salem, Charleston, ETCG, New Vision, Lake Murray, Ultimate, Flip Force, World Class, Rome Aerials, Palmetto, Kidsport, Traditional, Dahlonega, Tri-County, Asheville Community Movement, Precision, Southeastern*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	4:15pm
March-In	4:35pm
Awards	8:40pm

**Session 4 SILVER GYM- USAG Xcel Gold (9/22/05 & before)** (Modified Capital Cup Format)

*Central Carolina, Dahlonega, Top Notch, First In Flight, Asheville, Hahn's Kidsport, OC Gymnastics, Southeastern, Flight Athletic Academy, KPAC, Cabarrus County, Ultimate, Harrison YMCA, Flip Force, Asheville Community Movement, Thomas, Team Olympia, Acrosport, Rome Aerials, Salem, East Pasco, PAK, ETCG, New Vision, Tri-County, Everest, World Class*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	4:15pm
March-In	4:35pm
Awards	8:00pm

**SATURDAY, JANUARY 6<sup>th</sup>****Session 5 PINK GYM- USAG Level 8** (Modified Capital Cup Format)

*Rome Aerials, ETCG, Flip Force, WAKE, Southeastern, World Class, Thomas, Dahlonega, Charleston, Southeastern, Rose's, Traditional, Lake Murray, Appalachian, Ultimate, Team Olympia, Salem, The Edge Athletics, New Vision, Asheville Community Movement*

General Stretch	8:00am
March-In	8:20am
Awards	12:00pm

**Session 5 SILVER GYM- USAG Xcel Gold (4/3/06 – 8/17/07)** (Modified Capital Cup Format)

*Ultimate, PAK, Asheville, Cabarrus County, Rome Aerials, World Class, Asheville Community Movement, Flip Force, The Edge Athletics, Dahlonega, KPAC, Everest, Southeastern, Hahn's, East Pasco, Salem, OC Gymnastics, ETCG, Traditional, Flight Athletic Academy, Team Olympia, Central Carolina, Tri-County, Acrosport, Top Notch, New Vision, Kidsport*

General Stretch	8:00am
March-In	8:20am
Awards	11:55am

**Session 6 PINK GYM- USAG Level 9, 10 & Xcel Diamond** (Modified Capital Cup Format)

*Central Carolina, Tri-County, Flip Force, Thomas Gymnastics, Southeastern, World Class, Ultimate, Lake Murray, Everest, OC Gymnastics, Palmetto, Salem, WAKE, Rome Aerials, New Vision, Rose's*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	12:15pm
March-In	12:35pm
Awards	3:50pm

**Session 6 SILVER GYM- USAG Xcel Gold (9/23/05 – 4/2/06, 8/18/07 & after)** (Modified Capital Cup Format)

*Team Olympia, Southeastern, Rome Aerials, PAK, The Edge Athletics, Acrosport, Cabarrus County, Flip Force, Ultimate, Hahn's, Appalachian, Central Carolina, Thomas, Harrison YMCA, Asheville Community Movement, OC Gymnastics, ETCG, Tri-County, Salem, New Vision, Everest, World Class, Dahlonega, KPAC, Kidsport, Top Notch*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	12:15pm
March-In	12:35pm
Awards	4:05pm

## Competition Schedule

**Session 7 PINK GYM- USAG Level 6 (12/10/06 & before)** (Modified Capital Cup Format)

*The Edge Athletics, Kidsport, Precision, Asheville, Tri-County, Top Notch, Charleston, Team Olympia, Rose's, PAK, Asheville Community Movement, Ultimate, WAKE, Dahlonega, Lake Murray, Hahn's, Palmetto, Salem*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	4:15pm
March-In	4:35pm
Awards	8:10pm

**Session 7 SILVER GYM- USAG Platinum** (Modified Capital Cup Format)

*Southeastern, New Vision, Thomas, Top Notch, WAKE, Southeastern, Flip Force, First In Flight, OC Gymnastics, Everest, KPAC, Central Carolina, Tri-County, ETCG, World Class*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	4:15pm
March-In	4:35pm
Awards	8:00pm

**SUNDAY, JANUARY 7th****Session 8 PINK GYM- USAG Level 6 (12/11/06 & after)** (Modified Capital Cup Format)

*Precision, Salem, Rose's, PAK, Charleston, WAKE, Appalachian, Asheville Community Movement, Ultimate, Kidsport, Lake Murray, Hahn's, The Edge Athletics, Tri-County*

General Stretch	8:00am
March-In	8:20am
Awards	11:15am

**Session 8 SILVER GYM- USAG Level 2, 3, 4, 5 & Xcel Silver (8/12/09 & after)** (Modified Capital Cup Format)

*Palmetto, The Edge Athletics, Dahlonega, Appalachian, The Edge Athletics, Zenith, Hahn's, Harrison YMCA, Tri-County, Everest, Kidsport, New Vision, Ultimate, Southeastern, ETCG*

General Stretch	8:00am
March-In	8:20am
Awards	11:20am

**Session 9 PINK GYM- USAG Xcel Bronze (7/8/09 & after)** (Modified Capital Cup Format)

*Ultimate, First In Flight, ETCG, Asheville, OC Gymnastics, Traditional, Team Olympia, Flight Athletic Academy, Cabarrus County, Southeastern, Appalachian, New Vision, KPAC, Salem, Tri-County, Precision, Kidsport*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	11:30am
March-In	11:50am
Awards	2:00pm

**Session 9 SILVER GYM- USAG Xcel Silver (5/2/08 – 8/11/09)** (Modified Capital Cup Format)

*Asheville, Precision, Harrison YMCA, Hahn's, Everest, Kidsport, Flip Force, Southeastern, Top Notch, ETCG, Team Olympia, Cabarrus County, Ultimate, Flight Athletic Academy, OC Gymnastics, New Vision, Tri-County*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	11:30am
March-In	11:50am
Awards	1:55pm

*Competition Schedule***Session 10 PINK GYM- USAG Xcel Bronze (8/22/07 – 7/7/09)** (Modified Capital Cup Format)

*Precision, Harrison YMCA, Zenith, KPAC, Kidsport, Salem, Asheville, Everest, New Vision, Salem, Ultimate, Tri-County, ETCG, Flight Athletic Academy, First In Flight, Top Notch, Team Olympia, OC Gymnastics, Cabarrus County, Southeastern*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	2:10pm
March-In	2:30pm
Awards	4:30pm

**Session 10 SILVER GYM- USAG Xcel Silver (2/2/07 – 5/1/08)** (Modified Capital Cup Format)

*Asheville, First In Flight, Everest, Precision, Flight Athletic Academy, OC Gymnastics, ETCG, Kidsport, Tri-County, Ultimate, Flip Force, Southeastern, Hahn's, Harrison YMCA, New Vision, Cabarrus County, Zenith, Top Notch*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	2:10pm
March-In	2:30pm
Awards	4:30pm

**Session 11 PINK GYM- USAG Xcel Bronze (8/21/07 & earlier)** (Modified Capital Cup Format)

*Top Notch, Asheville, Tri-County, Cabarrus County, ETCG, Team Olympia, Harrison YMCA, OC Gymnastics, Salem, Flight Athletic Academy, KPAC, First In Flight, Everest, Salem, Southeastern, Zenith*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	4:45pm
March-In	5:05pm
Awards	6:50pm

**Session 11 SILVER GYM- USAG Xcel Silver (2/1/07 & earlier)** (Modified Capital Cup Format)

*First In Flight, Southeastern, Salem, ETCG, Ultimate, Asheville, New Vision, Top Notch, Ultimate, Hahn's, Zenith, Tri-County, OC Gymnastics, Appalachian, Cabarrus County, Harrison YMCA, Everest, Traditional, Team Olympia, Precision*

*\*If the prior session ends ahead of schedule we may begin this session early. Please plan to arrive 15 minutes before general stretch.*

General Stretch	4:45pm
March-In	5:05pm
Awards	7:00pm