Competition Schedule- REVISED 12.14.17

FRIDAY, JANUARY 5th

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)
Metrolina, 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	4:00pm

Session 3 SILVER GYM- AAU Xcel Platinum & Xcel Silver (10/27/06 – 8/24/07) (Modified Capital Cup)
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	3:15pm

Session 4 PINK GYM- USAG Level 7 (9/24/05 & after) (Modified Capital Cup Format)

Team Olympia, Gymnastics Counts, Flip Force, WAKE, Charleston, Traditional, OSEGA, Lake Murray, New Vision, The Edge Athletics, World Class, ETCG, Kidsport, Rome Aerials, Southeastern, Ultimate, Harrison YMCA, Tri-County, Asheville Community Movement,

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	6:45pm

Session 4 SILVER GYM- USAG Xcel Gold (1/1/05-9/22/05) (Modified Capital Cup Format)

Thomas, Dahlonega, World Class, Asheville, Southeastern, Flip Force, East Pasco, Flight Athletic, Acrosport, Everest, Ultimate, Central Carolina, Kidsport, ETCG, Salem, Asheville Community Movement, Hahn's, Top Notch, First in Flight, 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	4:15pm
March-In	4:35pm
Awards	6:20pm

Session 5 PINK GYM- USAG Level 7 (9/23/05 & before) (Modified Capital Cup Format)

The Edge Athletics, Harrison YMCA, Traditional, Southeastern, Team Olympia, Palmetto, Charleston, Salem, New Vision, Lake Murray, Ulitmate, Asheville Community Movement, Gymnastics Counts, Kidsport, Top Notch, Precision, Dahlonega, Tri-County, ETCG, Rome Aerials, 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	6:55pm
March-In	7:15 pm
Awards	9:30pm

Session 5 SILVER GYM- USAG Xcel Gold (12/31/04 & before) (Modified Capital Cup Format)

New Vision, Southeastern, Tri-County, Everest, PAK, Harrison YMCA, Acropsort, Top Notch, ETCG, KPAC, Dahlonega, Central Carolina, East Pasco, OC Gymnastics, Thomas, Salem, Asheville Community Movement, Cabarrus County, Asheville, First in Flight

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	6:55pm
March-In	7:15pm
Awards	9:00pm

SATURDAY, JANUARY 6th

Session 6 PINK GYM- USAG Level 8 (Modified Capital Cup Format)

Rome Aerials, ETCG, Flip Force, WAKE, Southeastern, World Class, Gymnastics Counts, 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	11:50am

Session 6 SILVER GYM- USAG Xcel Gold (4/3/06 – 8/17/07) (Modified Capital Cup Format)

Ultimate, Acrosport, Top Notch, 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 Athletics Academy, Central Carolina, Tri-County, PAK, New Vision, Kidpsort

General Stretch	8:00am
March-In	8:20am
Awards	11:50am

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Session 7 PINK GYM- USAG Level 9, 10 & Xcel Diamond (Modified Capital Cup Format)

Thomas, Central Carolina, Flip Force, Southeastern, Ultimate, Lake Murray, Tri-County, Everest, OC Gymnastics, Palmetto, Gymnastics Counts, Salem, World Class, 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	12:05pm
March-In	12:25pm
Awards	3:40pm

Session 7 SILVER GYM- USAG Xcel Gold (9/23/05 – 4/2/06, 8/18/07 & after) (Modified Capital Cup Format)

Team Olympia, PAK, Ultimate, The Edge Athletics, Acrosport, Cabarrus County, Flip Force, Hahn's, Appalachian, Central Carolina, Thomas, Harrison YMCA, Rome Aerials, 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	12:05pm
March-In	12:25pm
Awards	3:50pm

Session 8 PINK GYM- USAG Level 6 (12/10/06 & before) (Modified Capital Cup Format)

The Edge Athletics, Kidsport, Precision, Asheville, Tri-County, Gymnastics Counts, Lake Norman YMCA, 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	4:10pm
March-In	4:30pm
Awards	8:00pm

Session 8 SILVER GYM- USAG Platinum (Modified Capital Cup Format)

Southeastern, WAKE, Thomas, Top Notch, Southeastern, KPAC, Flip Force, First in Flight, Rome Aerials, Everest, OC Gymnastics, Gymnastics Counts, Central Carolina, 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	4:10pm
March-In	4:30pm
Awards	7:50pm

SUNDAY, JANUARY 7th

Session 9 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 9 SILVER GYM- USAG Level 2, 3, 4, 5 & Xcel Silver (8/12/09 & after) (Modified Capital Cup Format)

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

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

Competition Schedule- REVISED 12.14.17

Session 10 PINK GYM- USAG Xcel Bronze (7/8/09 & after) (Modified Capital Cup Format)

Appalachian, First In Flight, ETCG, Team Olympia, Flight Athletic Academy, OC Gymnastics, ETCG, Traditional, Asheville, Cabarrus County, Ultimate, New Vision, Salem, Tri-County, Southeastern, KPAC, 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	1:50pm

Session 10 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, Cabarrus County, Ultimate, Flight Athletic Academy, OC Gymnastics, New Vision, Southeastern, 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	1:50pm

Session 11 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, 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	2:05pm
March-In	2:25pm
Awards	4:20pm

Session 11 SILVER GYM- USAG Xcel Silver (2/2/07 – 5/1/08) (Modified Capital Cup Format)

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

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	2:05pm
March-In	2:25pm
Awards	4:20pm

Session 12 PINK GYM- USAG Xcel Bronze (8/21/07 & earlier) (Modified Capital Cup Format)

Top Notch, Asheville, Tri-County, Ultimate, Cabarrus County, ETCG, Team Olympia, Harrison YMCA, OC Gymnastics, Salem, Everest, First in Flight, KPAC, 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	4:35pm
March-In	4:55pm
Awards	6:40pm

Session 12 SILVER GYM- USAG Xcel Silver (2/1/07 & earlier) (Modified Capital Cup Format)

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

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	4:35pm
March-In	4:55pm
Awards	6:50pm