

2019 NC AAU 4th Qualifier - EAST

Swinging Into Spring
Morgan's Gymnastics

Saturday, March 30, 2019

Session 1: 45 gymnasts

Level 2, Xcel Bronze Novice, Xcel Bronze Advanced

8:00am-8:20am Warm Up/Open Stretch

8:20am-8:30am March In

8:30am-10:00am Warm Up/Compete

10:00am-10:30am Awards

Session 2: 57 gymnasts

Xcel Bronze Elite

10:45am-11:05am Warm Up/Open Stretch

11:05am-11:15am March In

11:15am-1:00pm Warm Up/Compete

1:00pm-1:30pm Awards

Session 3: 54 gymnasts

Xcel Silver Novice, Xcel Silver Intermediate, Xcel Silver Advanced

1:45pm-2:05pm Warm Up/Open Stretch

2:05pm-2:15pm March In

2:15pm-4:45pm Warm Up/Compete

4:45pm-5:15pm Awards

Session 4: 53 gymnasts

Level 3, Xcel Silver Elite

5:30pm-5:50pm Warm Up/Open Stretch

5:50pm-6:00pm March In

6:00pm-8:15pm Warm Up/Compete

8:15-8:45 Awards

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Sunday, March 31, 2019

Session 5: 51 gymnasts

Xcel Gold Novice, Xcel Gold Intermediate, Xcel Gold Advanced

9:00am-9:20am Warm Up/Open Stretch

9:20am-9:30am March In

9:30am-12:15pm Warm Up/Compete

12:15pm-12:45pm Awards

Session 6: 49 gymnasts

Level 4, Level 6, Xcel Gold Elite, Xcel Platinum, Xcel Diamond

1:00pm-1:20pm Warm Up/Open Stretch

1:20pm-1:30pm March In

1:30pm-4:30pm Warm Up/Compete

4:30pm-5:00pm Awards