

NC AAU State Meet 2019

Rocky Mount Event Center, Rocky Mount, NC

April 27, 2019 - April 28, 2019

Session 1A: Bronze (T,U,W,X,MM,NN,OO)

Saturday, Apr 27, 2019

71 gymnasts

Format: Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:35 AM

Session 1B: Gold (GVV,GX,GWW,GZ,GXX)

55 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:30 AM

Session 2A: Bronze (Z,PP,TT,VV,WW,YY,ZZ)

80 gymnasts

Format: Capitol Cup

Open Stretch Begins: 10:45 AM

March In: 11:05 AM

Awards: 1:35 PM

Session 2B: Gold (GS,GU,GV,GY)

48 gymnasts

Format: Modified Traditional

Open Stretch Begins: 10:45 AM

March In: 11:05 AM

Awards: 1:15 PM

Session 3A: Bronze (V,Y,QQ,RR,SS,UU,XX)

81 gymnasts

Format: Capitol Cup

Open Stretch Begins: 1:45 PM

March In: 2:05 PM

Awards: 4:30 PM

Session 3B: Gold (GT,GW,GSS,GTT)

47 gymnasts

Format: Modified Traditional

Open Stretch Begins: 1:45 PM

March In: 2:05 PM

Awards: 4:15 PM

Session 4A: Silver (ST,SU,SW,SX,SLL)

53 gymnasts

Format: Capitol Cup

Open Stretch Begins: 4:35 PM

March In: 4:55 PM

Awards: 6:50 PM

Session 4B: All Levels 6,7,8,9,10,XD

44 gymnasts

Format: Modified Traditional

Open Stretch Begins: 4:35 PM

March In: 4:55 PM

Awards: 7:05 PM

Session 5A: Silver (SS,SMM,SRR,STT,SUU,SWW,SXX)

Sunday, Apr 28, 2019

78 gymnasts

Format: Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:05 AM

Session 5B: Gold (GZZ,GR,GYY,GUU) All 4s, 5s

51 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:45 AM

Session 6A: Silver (SV,SZ,SKK,SOO,SVV,SY,Y,SZZ)

79 gymnasts

Format: Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 2:20 PM

Session 6B: Platinum - All

54 gymnasts

Format: Modified Traditional

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 2:30 PM

Session 7A: Silver (SY,SII,SJJ,SNN,SPP,SQQ,SSS)

81 gymnasts

Format: Capitol Cup

Open Stretch Begins: 2:35 PM

March In: 2:55 PM

Awards: 5:45 PM

Session 7B: All Level 2s & 3s

45 gymnasts

Format: Modified Traditional

Open Stretch Begins: 2:35 PM

March In: 2:55 PM

Awards: 4:55 PM