



*U.S. Cellular Center*

*87 Haywood St. Asheville, NC 28801*

[www.thegala.net](http://www.thegala.net)

## FRIDAY, JANUARY 2<sup>nd</sup>

### Session 1 PINK GYM- All AAU Levels

*White Lightning, Flip Force, Central Carolina, Harris YMCA, OSEGA*

General Stretch	5:00pm
March-In	5:20pm
Competition	5:30pm
Awards	8:30pm

## SATURDAY, JANUARY 3<sup>rd</sup>

### Session 2 PINK GYM- USAG Level 8 (Modified Capital Cup Format)

*Southeastern, Harris YMCA, Team Olympia, Harpeth, International, GGA Lawrenceville, OSEGA*

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	10:45am

### Session 2 SILVER GYM- USAG Level 1 & Xcel Bronze (Modified Capital Cup Format)

*Precision, Team Olympia, Appalachian, Easley, PAK*

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	10:20am

### Session 3 PINK GYM- USAG Level 8, Xcel Platinum & Diamond (Modified Capital Cup Format)

*Atlanta North Stars, Central Carolina, Hahn's, Choice, Flip Force, New Vision, The Edge Athletics, Asheville Community Movement, East Tennessee, Rockdale, Acrosmith, Easley, Precision, Ultimate*

*\*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	11:00am
March-In	11:20am
Competition	11:35am
Awards	1:45pm

### Session 3 SILVER GYM- USAG Xcel Bronze (Modified Capital Cup Format)

*Southeastern, Hahn's, WAKE, Asheville Community Movement, First in Flight, New Vision*

*\*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	11:00am
March-In	11:20am
Competition	11:35am
Awards	1:20pm



## SATURDAY, JANUARY 3<sup>rd</sup> (Continued)

### Session 4 PINK GYM- USAG Level 9 (Modified Capital Cup Format)

*East Tennessee, Southeastern, International, Gymnastix, Acrosmith, GGA Lawrenceville, WAKE*

*\*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	2:00pm
March-In	2:20pm
Competition	2:35pm
Awards	5:15pm

### Session 4 SILVER GYM- USAG Xcel Silver (Modified Capital Cup Format)

*Southeastern, First in Flight, PAK, Top Notch, New Vision, WAKE*

*\*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	2:00pm
March-In	2:20pm
Competition	2:35pm
Awards	4:55pm

### Session 5- USAG Level 9/10

*Gymnastix, Harris YMCA, Yadkin Valley, Flip Force, Harpeth, Southeastern, Top Notch, Atlanta North Stars, GGA Lawrenceville, New Vision, Ultimate, Choice, Precision, Southeastern, Team Olympia, The Edge Athletics, 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	5:30pm
March-In	5:50pm
Competition	6:05pm
Awards	9:15pm



## SUNDAY, JANUARY 4<sup>th</sup>

### Session 6 PINK GYM- USAG Level 7 (Modified Capital Cup Format)

*Easley, Harpeth, Southeastern, White Lightning, Team Attraction, Team Olympia, The Edge Athletics, Acrosmith, Atlanta North Stars, Flip Force, New Vision, Precision, Choice, East Tennessee, International, WAKE, Yadkin Valley, OSEGA*

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	11:45am

### Session 6 SILVER GYM- USAG Xcel Gold (Modified Capital Cup Format)

*Easley, East Tennessee, New Vision, Nick's Flippin Kids, Asheville Community Movement, First in Flight, PAK, WAKE, Harris YMCA, Team Olympia, Precision, Southeastern*

General Stretch	8:00am
March-In	8:20am
Competition	8:35am
Awards	11:35am

### Session 7 PINK GYM- USAG Level 5/6 (Modified Capital Cup Format)

*Easley, Rockdale, Flip Force, Yadkin Valley, Harpeth, New Vision, Team Olympia, International, Top Notch, WAKE*

*\*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	12:00pm
March-In	12:20pm
Competition	12:35pm
Awards	2:50pm

### Session 7 SILVER GYM- USAG Xcel Silver (Modified Capital Cup Format)

*Acrosmith, Hahn's Nick's Flippin Kids, Team Olympia, Asheville Community Movement, Easley, 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	12:00pm
March-In	12:20pm
Competition	12:35pm
Awards	2:45pm

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

*Ultimate, Acrosmith, Choice, Team Attraction, Precision, The Edge Athletics*

*\*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	3:00pm
March-In	3:20pm
Competition	3:35pm
Awards	6:00pm

### Session 8 SILVER GYM- USAG Level 3/4 (Modified Capital Cup Format)

*Easley, Ultimate, Flip Force, New Vision, The Edge Athletics, Choice, Harpeth, Acrosmith, Ultimate*

*\*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	3:00pm
March-In	3:20pm
Competition	3:35pm
Awards	7:00pm