



PARENTS

COMPETITION

INFORMATION PACKET

Welcome to the 2022 AAU Gymnastics State Championship! We are excited to bring everyone to the Winston Salem Fairgrounds this year. The North Carolina Sports Association and Visit Winston Salem have generously helped sponsor this event. We have nearly 1,000 gymnasts from 39 of North Carolina's greatest gymnastics clubs across the state registered to attend.

Enclosed is a welcome packet you will find important information you will want to review prior to the event to encourage the most positive experience for you all. You can find all other info (host hotel, schedule, results, etc.) on our event listing on Meetmaker.com for your convenience.

There is an ALS Charity Walk at the Fairgrounds the same weekend as our event and we have worked together with them to create a cohesive schedule that aims to mitigate parking congestion for both events on Saturday morning. We know this may cause confusion for some, so please read the parking instructions carefully that are in this packet.

We appreciate feedback and want to provide you with the best meet experience possible. Please let us know if you have any questions or need any additional information.

Thank you,

Jessica Harris & The Team NC AAU Board
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www.ncaaugymnastics.org

COVID-19 POLICIES

- 1) *Number of spectators per gymnast will not be limited*
- 2) *Spectator Seating: Socially distanced seating is requested. Bleachers and chairs will be provided.*
- 3) *Mask requirements: All spectators and participants 3 years and older are suggested to wear a face mask that covers the mouth and nose if social distancing is limited.*
- 4) *Admissions: Separate entrances/exits will be used. Please do NOT arrive to the event more than 30 minutes prior to your scheduled session.*
- 6) *Cleaning Protocol: Athletes may bring their own chalk, but chalk will be provided. Hand sanitizer will be available throughout the gym and gymnasts are encouraged to wash hands frequently.*
- 10) *Food/Drink: Athletes must bring their own water bottles as water fountains may not be accessible. Concessions will be available- no outside food or drinks will be allowed.*

**Anyone needing accommodations in order to comply with any facility rules and/or protocols, please contact the event director for further information prior to arrival.*

Admissions: Spectators will pay \$15/adults, \$10/children (ages 4-18) & children 3 and under are free. Cash & card will be accepted.

Outside Food/Drink: Coolers, take-out, and other bags of food, etc. are prohibited from being brought into the event center.

Coaches/Gymnast Check-In: Gymnasts will check in with their coaches upon arrival and coaches will need their AAU membership card if they are not preregistered. It is the head coach's responsibility to review the roster sent from the meet director to assure all their gymnasts and coaches are registered and their information is correct prior to arrival.

Ability Divisions: Throughout the season, our NC AAU gymnasts compete in pre-determined ability divisions. At the conclusion of the season, gymnasts are sorted by all-around and birthdates to provide the fairest ground of play for each and every athlete. The highest all-around score each athlete achieved at an NC AAU Qualifier is put into a spreadsheet, sorted from highest to lowest, and then subdivided by age (to prevent more than a 4-year range in age) to make divisions no larger than 12. This ensures that your athlete is competing in a division that is of the most likeability/age/level and experience. *Divisions not applicable at all levels.

The following AA score ranges were used to determine an athlete's competitive division for this year's State Meet. The highest score achieved at one of the AAU Qualifiers was used as the placement score.

Levels 6, 7 and Diamonds compete across their full level.

BRONZE Divisions:	SILVER Divisions:
B1: 37.40 & above	S1: 37.40 & above
B2: 37.00 - 37.375	S2: 36.90 - 37.375
B3: 36.45 - 36.975	S3: 36.30 - 36.875
B4: 35.80 - 36.425	S4: 35.80 - 36.275
B5: 35.00 - 35.775	S5: 35.00 - 35.775
B6: 34.975 & below	S6: 34.975 & below
GOLD Divisions:	PLATINUM Divisions:
G1: 37.00 & above	P1: 36.40 & above
G2: 36.30 – 36.975	P2: 35.35 – 36.375
G3: 35.50 – 36.275	P3: 35.325 & below
G4: 35.00 – 35.475	
G5: 34.975 & below	

Awards: Awards will be located in a separate building (noted on the fairground map- the Home & Garden Building) & signage will direct you to the short walk outside Competition Gym. Please be mindful of this walk and keep your eye out for weather patterns that weekend. April showers bring May flowers so be prepared for Mother Nature’s Springtime surprises!

AAU Championship medals will be given to the top 50% + 1 of each awards group and 100% in the all-around. Xcel Bronze, Silver & Gold gymnasts who have scored above a 37.00+ All-Around at the state meet or have scored a 37.00+ All-Around AT AN NC AAU QUALIFIER ONLY (invitationals do not apply) will receive an elite division pin. Xcel Platinum & Level 6-10 gymnasts who have scored a 36.00+ All-Around at the state meet or have scored a 36.00+ All-Around at an NC AAU QUALIFIER ONLY (invitationals do not apply) will receive an elite division pin. Scores are tracked carefully throughout the season to assure each athlete eligible for this prestigious pin receives one. **If you have questions about scores or your gymnast’s eligibility, please see your coaches.**

Team Awards: The top 50% of teams (max 10) will receive an awards banner per level. Team Awards are given at the end of the final session of that level. (i.e. If there are 3 sessions of Xcel Bronze, the team awards for Xcel Bronze will be announced at the conclusion of the third session of Xcel Bronze).

Judges: Our judges for this event are all certified members of the National Association of Gymnastics Judges and are some of the most experienced judges North Carolina has to offer. Please be respectful to not talk to the judges or negatively discuss scores or judgments with your neighbors or athletes. Direct all your questions to your coaches.

Ethics: North Carolina AAU Gymnastics promotes a positive competitive experience. Please help us maintain this vision by supporting all the athletes competing. Make t-shirts, signs, and

cheer loud and often for your team or favorite gymnasts! We also encourage you to educate yourself and your gymnasts on the positive & beneficial impact they can have when they cheer for all the gymnasts from their own team and other teams in their squad and awards group. Compliments, fist bumps, words of encouragement, clapping, and cheering are just a few examples of ways you or your gymnast can completely change someone else's day!

Vendors:

- Photography- [JT Perceptions](#)
- Apparel- [Fine Designs](#)

Community Outreach Opportunity

The Winston Salem Walk to Defeat ALS is happening Saturday morning from 7am-1pm at the same location as our competition. If you would like to participate, donate or volunteer click on the links below to support a great cause...because hey, you're there anyway!

To walk or donate: <http://web.alsa.org/winstonsalem>

To volunteer: <https://www.signupgenius.com/go/10c0b49aaa629a4fe3-20222>

**FOLLOW YOUR GYMNASTS SCORES ON THE SCOREKING
MOBILE APP**

WINSTON SALEM FAIRGROUND MAP



Thank you to our sponsor:



WINSTON-SALEM FAIRGROUNDS **PARKING/DIRECTIONS:**

**ATTENTION: THERE IS AN ALS CHARITY WALK AT THE FAIRGROUNDS
RUNNING SIMULTANEOUSLY WITH OUR EVENT ON THE MORNING OF:
SATURDAY, APRIL 30 FROM 7AM-1PM**

PARKING WILL BE AS FOLLOWS:

SESSION 1A, 1B, 2A- USE THIS ADDRESS TO FIND PARKING:

521 Deacon Blvd, Winston-Salem, NC 27105 (GATE 4)

ALL OTHER SESSIONS USE THIS ADDRESS TO FIND PARKING:

569 Fairgrounds Blvd, Winston-Salem, NC, 27105 (GATE 7)

Public Parking will be \$5 for this event.

Traveling from Greensboro heading West: Take Business 40 (US-421) to US 52 N (exit 6B), take US 52 N to exit 112 Akron Drive, turn left on Akron Drive. Take Akron Drive to Reynolds Blvd, turn left on Reynolds Blvd. Take Reynolds Blvd to Shorefair Drive, turn left on Shorefair Drive. Take Shorefair through Deacon Blvd. Turn right at Gate 7, will be on your right. Gate 7 is the first driveway on your right.

Traveling from Statesville heading East: Take I-40 to Business 40 (US-421), use left 2 lanes taking exit 188. Follow above directions to US 52 N exit 6B.

Traveling within city limits from the North/West: Travel to Polo Rd, follow Polo Rd East to Indiana Avenue. Turn right on Indiana Avenue. Take Indiana Avenue to Reynolds Blvd. Turn Right on Reynolds Blvd. Take Reynolds Blvd to Shorefair Dr. Turn Left on Shorefair Dr. Take Shorefair through Deacon Blvd. Gate 7 is the first driveway on your right.

Traveling within city limits from the South/West: Travel to Northwest Blvd, follow Northwest Blvd East to Patterson Avenue. Turn left on Patterson Avenue. Take Patterson Avenue to E 28th Street NW, turn left. Take 28th Street NW merging onto 27th Street NW. Turn right on Shorefair Dr, Gate 7 is the first driveway on your left.

NC 2022 AAU State Meet

Team NC AAU @ Winston-Salem Fairgrounds

April 30, 2022 - May 1, 2022

To protect athlete information, only coaches are provided rosters that indicate the session each gymnast competes in. Please check with your coaches for session assignments.

Session 1A: Silver Divs S4, S5

Saturday, Apr 30, 2022

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:30 AM

Session 1B: Platinum Divs P2, P3

53 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:15 AM

March In: 10:35 AM

Awards: 12:50 PM

Session 2A: Silver Div S3

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:45 AM

March In: 11:05 AM

Awards: 1:20 PM

Session 2B: Levels 6,7, XD, Platinum Div P1

58 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:05 PM

March In: 1:25 PM

Awards: 4:20 PM

Session 3A: Silver Div S2

75 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:35 PM

March In: 1:55 PM

Awards: 4:05 PM

Session 3B: Bronze Divs B5, B6

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:35 PM

March In: 4:55 PM

Awards: 6:45 PM

Session 4A: Silver Div S1

74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:20 PM

March In: 4:40 PM

Awards: 6:50 PM

Session 4B: Bronze Div B4

Sunday, May 1, 2022

66 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:10 AM

Session 5A: Gold Divs G4, G5

54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:05 AM

Session 5B: Bronze Div B3

74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 12:45 PM

Session 6A: Gold Div G3

54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:20 AM

March In: 10:40 AM

Awards: 12:25 PM

Session 6B: Bronze Div B2

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:00 PM

March In: 1:20 PM

Awards: 3:05 PM

Session 7A: Gold Div G2

57 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:40 PM

March In: 1:00 PM

Awards: 2:50 PM

Session 7B: Bronze Div B1

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:20 PM

March In: 3:40 PM

Awards: 5:25 PM

Session 8A: Gold Div G1

47 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:05 PM

March In: 3:25 PM

Awards: 5:05 PM