

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