

AAU 3rd Qual Central

Lake Norman YMCA

March 25, 2023 - March 26, 2023

Session 1: XGE, XGA, XGI, XGN, Diamond

Saturday, Mar 25, 2023

45 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:50 AM

Session 2: Platinum, XG Open

46 gymnasts

Format: Modified Traditional

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 2:15 PM

Session 3: XSA 9 & Under, XSE

45 gymnasts

Format: Modified Traditional

Open Stretch Begins: 2:35 PM

March In: 2:55 PM

Awards: 4:55 PM

Session 4: XSA 10 & Up

38 gymnasts

Format: Modified Traditional

Open Stretch Begins: 5:15 PM

March In: 5:35 PM

Awards: 7:20 PM

Session 5: XSI, XS Open

Sunday, Mar 26, 2023

40 gymnasts

Format: Modified Traditional

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:15 AM

Session 6: XBA

47 gymnasts

Format: Modified Traditional
Open Stretch Begins: 10:35 AM
March In: 10:55 AM
Awards: 12:35 PM

Session 7: XB Open

44 gymnasts
Format: Modified Traditional
Open Stretch Begins: 12:55 PM
March In: 1:15 PM
Awards: 3:00 PM

Session 8: XBE, XBI, XBN

38 gymnasts
Format: Modified Traditional
Open Stretch Begins: 3:20 PM
March In: 3:40 PM
Awards: 5:10 PM