



## FRIDAY, JANUARY 6<sup>th</sup>

### Session 1 PINK GYM- AAU Level 2/3/Xcel Bronze (Modified Capital Cup Format)

*Hahn's, Foothills, OSEGA, Central Carolina, Meadowview, Tri-County, Flip Force*

General Stretch	8:00am
Timed Warmup	8:15am
March-In	8:30am
Awards	10:15am

### Session 1 SILVER GYM- AAU Xcel Silver, Gold, Platinum, Diamond (Modified Capital Cup Format)

*OSEGA, Central Carolina, Meadowview, Hahn's Metrolina, Tri-County, Foothills*

General Stretch	8:00am
Timed Warmup	8:15am
March-In	8:30am
Awards	11:00am

### Session 2 PINK GYM- USAG Level 2 & 3 (Modified Capital Cup Format)

*Upstate, Zenith, Lake Norman YMCA, LKNGA*

*\*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	11:15am
Timed Warmup	11:30am
March-In	11:40am
Awards	1:00pm

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

*Salem, Precision, Cabarrus County, Harrison Family YMCA, Morgan's, New Vision, OSEGA, Asheville Community Movement*

*\*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	11:15am
Timed Warmup	11:30am
March-In	11:40am
Awards	1:10pm

### Session 3 PINK GYM- USAG Xcel Silver (Modified Capital Cup Format)

*Asheville, Southeastern, PAK, Precision, WAKE, Hahn's, Kidsport, Top Notch, Appalachian, Harrison Family YMCA*

*\*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	1:20pm
Timed Warmup	1:35pm
March-In	1:48pm
Awards	4:15pm

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

*Kidsport, East Tennessee, First In Flight, Zenith, Southeastern, Team Olympia, Salem, Asheville*

*\*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	1:20pm
Timed Warmup	1:35pm
March-In	1:48pm
Awards	3:15pm

*Competition Schedule- Revised 12.19.16***Session 4 PINK GYM- USAG Xcel Silver** (Modified Capital Cup Format)*Asheville Community Movement, First in Flight, PAK, Morgan's, OSEGA, East Tennessee, Salem, Cabarrus County, Team Olympia**\*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	4:30pm
Timed Warmup	4:50pm
March-In	5:00pm
Awards	7:20pm

**Session 4 SILVER GYM- USAG Level 4 & 5** (Modified Capital Cup Format)*Upstate, Zenith, Lake Norman YMCA, Southeastern, Asheville Community Movement, LKNGA, Hahn's**\*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	4:30pm
Timed Warmup	4:50pm
March-In	5:00pm
Awards	8:00pm

**SATURDAY, JANUARY 7<sup>th</sup>****Session 5 PINK GYM- USAG Level 6** (Modified Capital Cup Format)*Cabarrus County, GCC, Dahlonaga, LKNGA, OSEGA, Ultimate, Perfect Balance,*

General Stretch	8:00am
Timed Warmup	8:20am
March-In	8:35am
Awards	11:15am

**Session 5 SILVER GYM- USAG Xcel Platinum & Diamond** (Modified Capital Cup Format)*Central Carolina, Flip Force, LKNGA, OSEGA, Top Notch, WAKE, Hart, Zenith, Kidsport, East Tennessee, Harrison Family YMCA, Southeastern, Precision, Raleigh School*

General Stretch	8:00am
Timed Warmup	8:20am
March-In	8:35am
Awards	11:15am

**Session 6 PINK GYM- USAG Level 6** (Modified Capital Cup Format)*Lake Norman YMCA, Kidsport, Hahn's, TRIumph, Asheville Community Movement, WAKE, Morgan's, Raleigh School, Traditional, Salem, Team Olympia, The Edge Athletics, Flip Force**\*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	11:30am
Timed Warmup	11:50am
March-In	12:05pm
Awards	2:45pm

**Session 6 SILVER GYM- USAG Level 7** (Modified Capital Cup Format)*Perfect Balance, Salem, Upstate, Central Carolina, Morgan's, Lake Norman YMCA, GCC, OSEGA, LKNGA, Ultimate, Cabarrus County**\*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	11:30am
Timed Warmup	11:50am
March-In	12:05pm
Awards	2:45pm

**Session 7 PINK GYM- USAG Level 8** (Modified Capital Cup Format)

*Cabarrus County, New Vision, Perfect Balance, Appalachian, Harrison Family YMCA, Morgan's, Raleigh School, Bull City, Ultimate, LKNGA, Salem, Lake Norman YMCA, Team Olympia, OSEGA, WAKE, Upstate*

*\*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
Timed Warmup	3:20pm
March-In	3:40pm
Awards	6:15pm

**Session 7 SILVER GYM- USAG Level 7** (Modified Capital Cup Format)

*New Vision, Raleigh School, Hart, Team Olympia, East Tennessee, Asheville Community Movement, Kidsport, TRIumph, The Edge Athletics, Dahlonega, Flip Force, Bull City*

*\*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
Timed Warmup	3:20pm
March-In	3:40pm
Awards	6:40pm

**SUNDAY, JANUARY 8<sup>th</sup>****Session 8 PINK GYM- USAG Level 9** (Modified Capital Cup Format)

*Central Carolina, Raleigh School, WAKE, Upstate, Bull City, Cabarrus County, New Vision, Flip Force, Morgan's, GCC, Ultimate, Perfect Balance*

General Stretch	8:00am
Timed Warmup	8:20am
March-In	8:40am
Awards	11:15am

**Session 8 SILVER GYM- USAG Xcel Gold** (Modified Capital Cup Format)

*First In Flight, Salem, PAK, Southeastern, Cabarrus County, Morgan's LKNGA, Team Olympia, OSEGA*

General Stretch	8:00am
Timed Warmup	8:20am
March-In	8:40am
Awards	11:15am

**Session 9 PINK GYM- USAG Level 10** (Modified Capital Cup Format)

*Morgan's, Raleigh School, GCC, Bull City, Ultimate, Cabarrus County, Salem, Upstate, Perfect Balance, WAKE, 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	11:30am
Timed Warmup	11:50am
March-In	12:10pm
Awards	3:00pm

**Session 9 SILVER GYM- USAG Xcel Gold** (Modified Capital Cup Format)

*PAK, Appalachian, Asheville Community Movement, Kidsport, Traditional, Hahn's, WAKE, Asheville, Central Carolina, Precision, Harrison Family YMCA, East Tennessee*

*\*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	11:30am
Timed Warmup	11:50am
March-In	12:10pm
Awards	2:45pm