

The Gala 2023

Harrahs Cherokee Center, Asheville

January 6, 2023 - January 8, 2023

Friday, Jan 6, 2023-AAU

Session 1A: AAU XB 1

Clubs: Central Carolina Gymnastics-Lexington, Clemmons Gymnastics, Everest Gymnastics, Lee County Gymnastics, Rose's Gymnastics Training Center

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:30 AM

March In: 10:50 AM

Awards: 12:55 PM

Session 1B: AAU XS 1

Clubs: Central Carolina Gymnastics-Salisbury, Element Gymnastics And Sports Center, Flip Force Gymnastics - Aau, Gymnastics Counts, Illumination Training Center, Positively, Rose's Gymnastics Training Center, Sizemore Gymnastics Academy

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:30 AM

March In: 10:50 AM

Awards: 1:05 PM

Session 2A: AAU XB 2

Clubs: Central Carolina Gymnastics-Salisbury, Element Gymnastics And Sports Center, Flip Force Gymnastics - Aau, Gymnastics Center Of Chattanooga, Gymnastics Counts, Hahn's Gymnastics, Kidsport Gymnastic Academy, New Bern Gymnastics, River City Gymnastics, Sizemore Gymnastics Academy, Top Notch Gymnastics

81 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:20 PM

March In: 1:40 PM

Awards: 3:55 PM

Session 2B: AAU XS 2

Clubs: Clemmons Gymnastics, Everest Gymnastics, Gymnastics Center Of Chattanooga, Kidsport Gymnastic Academy, Rose's Gymnastics Training Center
69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:20 PM

March In: 1:40 PM

Awards: 4:00 PM

Session 3A: AAU Gold 1

Clubs: Central Carolina Gymnastics-Salisbury, Clemmons Gymnastics, Element Gymnastics And Sports Center, Flip Force Gymnastics - Aau, Positively, River City Gymnastics

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:15 PM

March In: 4:35 PM

Awards: 6:40 PM

Session 3B: AAU XS 3

Clubs: Central Carolina Gymnastics-Lexington, Gymnastics Center Of Chattanooga, Lee County Gymnastics, New Bern Gymnastics, River City Gymnastics, Top Notch Gymnastics
65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:15 PM

March In: 4:35 PM

Awards: 6:50 PM

Session 4A: AAU Gold 2

Clubs: Central Carolina Gymnastics-Lexington, Everest Gymnastics, Gymnastics Center Of Chattanooga, Gymnastics Counts, Kidsport Gymnastic Academy, Lee County Gymnastics, New Bern Gymnastics, Rose's Gymnastics Training Center, Sizemore Gymnastics Academy

51 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 7:05 PM

March In: 7:25 PM

Awards: 9:20 PM

Session 4B: AAU Plat,Di,6,7,LD

Clubs: Central Carolina Gymnastics-Salisbury, Clemmons Gymnastics, Element Gymnastics And Sports Center, Everest Gymnastics, Flip Force Gymnastics - Aau, New Bern Gymnastics, Positively, River City Gymnastics, Ross County Ymca, Sizemore Gymnastics Academy, Ultimate Gymnastics

30 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 7:05 PM

March In: 7:25 PM

Awards: 9:05 PM

Saturday, Jan 7, 2023-USAG

Session 5A: Level 3 & 5

Clubs: Clarksville Elite Gymnastics Center, Element Gymnastics, Gymnastics Center of Chattanooga, Morgan's Gymnastics Academy, Rose's Gymnastics Training Center

66 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:40 AM

Session 5B Silver 1

Clubs: Cabarrus County Gymnastics, Clarksville Elite Gymnastics Center, Everest Gymnastics, Gymnastics Inc., Illumination Training Center, Meadowview Gymnastics Academy, New Bern Gymnastics, Southeastern Gymnastics Center

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:55 AM

Session 6A: Level 7

Clubs: Cabarrus County Gymnastics, Clarksville Elite Gymnastics Center, Flip Force Gymnastics LLC, Gymnastics Center of Chattanooga, Gymnastics Gold, Gymnastics Inc., Hahn's Gymnastics LLC, Hart Gymnastics Academy, KPAC, Kidsport Gymnastic Academy, Legacy Athletics, Meadowview Gymnastics Academy, Metrolina Gymnastics, New Bern Gymnastics, Next Level Gymnastics Academy, Olympia Gymnastics, Positively Gymnastics, Rose's Gymnastics Training Center, Zenith Gymnastics LLC
74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 2:50 PM

Session 6B: Level 2 & Silver 2

Clubs: Clarksville Elite Gymnastics Center, Gymnastics Center of Chattanooga, Kidsport Gymnastic Academy, Next Level Gymnastics Academy, Olympia Gymnastics, Rose's Gymnastics Training Center, Zenith Gymnastics LLC, eNeRGy
76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 1:55 PM

Session 7A: Level 8

Clubs: Cabarrus County Gymnastics, Clarksville Elite Gymnastics Center, Flip Force Gymnastics LLC, Gymnastics Center of Chattanooga, Gymnastics Inc., Illumination Training Center, KPAC, Legacy Athletics, Meadowview Gymnastics Academy, Morgan's Gymnastics Academy, Next Level Gymnastics Academy, Olympia Gymnastics, Rose's Gymnastics Training Center, Top Notch Gymnastics, Zenith Gymnastics LLC
44 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:05 PM

March In: 3:25 PM

Awards: 5:50 PM

Session 7B: Silver 3

Clubs: Flip Force Gymnastics LLC, Hahn's Gymnastics LLC, Metrolina Gymnastics, Morgan's Gymnastics Academy, Next Level Gymnastics Academy, Top Notch Gymnastics
70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:05 PM

March In: 3:25 PM

Awards: 5:45 PM

Session 8A: Level 9,10, Sapphire

Clubs: Central Carolina Gymnastics-Lexington, Clarksville Elite Gymnastics Center, Gymnastics Center of Chattanooga, Gymnastics Gold, Gymnastics Inc., Hahn's Gymnastics LLC, Hart Gymnastics Academy, KPAC, Legacy Athletics, Meadowview Gymnastics Academy, Morgan's Gymnastics Academy, Next Level Gymnastics Academy, Olympia Gymnastics, Rose's Gymnastics Training Center

64 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:05 PM

March In: 6:25 PM

Awards: 9:25 PM

Session 8B: Gold 1

Clubs: Everest Gymnastics, Gymnastics Inc., Hart Gymnastics Academy, Illumination Training Center, KPAC, Legacy Athletics, Meadowview Gymnastics Academy, Morgan's Gymnastics Academy, Next Level Gymnastics Academy, Olympia Gymnastics, Rose's Gymnastics Training Center, Top Notch Gymnastics, Zenith Gymnastics LLC

82 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:05 PM

March In: 6:25 PM

Awards: 9:20 PM

Sunday, Jan 8, 2023-USAG

Session 9A: Bronze 1

Clubs: Cabarrus County Gymnastics, Everest Gymnastics, Hahn's Gymnastics LLC, Hart Gymnastics Academy, Metrolina Gymnastics, Olympia Gymnastics, Top Notch Gymnastics, Zenith Gymnastics LLC

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:25 AM

Session 9B: Gold 2

Clubs: Central Carolina Gymnastics-Lexington, Clarksville Elite Gymnastics Center, Flip Force Gymnastics LLC, Gymnastics Gold, Hahn's Gymnastics LLC, Kidsport Gymnastic Academy, Metrolina Gymnastics, New Bern Gymnastics, Southeastern Gymnastics Center, eNeRGy

77 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:00 AM

Session 10A: Bronze 2

Clubs: Flip Force Gymnastics LLC, Gymnastics Inc., Kidsport Gymnastic Academy, Morgan's Gymnastics Academy, Next Level Gymnastics Academy, Rose's Gymnastics Training Center, Southeastern Gymnastics Center

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 1:45 PM

Session 10B: Level 6 - 1

Clubs: Cabarrus County Gymnastics, Flying High Academy of Mooresville, Gymnastics Inc., Legacy Athletics, Metrolina Gymnastics, Morgan's Gymnastics Academy, New Bern Gymnastics, Rose's Gymnastics Training Center, eNeRGy

40 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 1:40 PM

Session 11A: Platinum 1

Clubs: Central Carolina Gymnastics-Lexington, Flip Force Gymnastics LLC, Gymnastics Gold, Gymnastics Inc., Meadowview Gymnastics Academy, Rose's Gymnastics Training Center, eNeRGy

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:00 PM

March In: 2:20 PM

Awards: 4:25 PM

Session 11B: Level 6 - 2

Clubs: Clarksville Elite Gymnastics Center, Element Gymnastics, Flip Force Gymnastics LLC, Gymnastics Center of Chattanooga, Gymnastics Gold, Hahn's Gymnastics LLC, Illumination Training Center, KPAC, Kidsport Gymnastic Academy, Next Level Gymnastics Academy, Olympia Gymnastics, Top Notch Gymnastics, Zenith Gymnastics LLC

46 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:00 PM

March In: 2:20 PM

Awards: 4:15 PM

Session 12A: Platinum 2

Clubs: Cabarrus County Gymnastics, Clarksville Elite Gymnastics Center, Everest Gymnastics, Hart Gymnastics Academy, Illumination Training Center, KPAC, Metrolina Gymnastics, Next Level Gymnastics Academy, Southeastern Gymnastics Center, Top Notch Gymnastics

43 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:30 PM

March In: 4:50 PM

Awards: 6:45 PM

Session 12B: Level 4,Diamond

Clubs: Central Carolina Gymnastics-Lexington, Clarksville Elite Gymnastics Center, Element Gymnastics, Flying High Academy of Mooresville, Gymnastics Center of Chattanooga, KPAC, Morgan's Gymnastics Academy, Next Level Gymnastics Academy, Rose's Gymnastics Training Center, Southeastern Gymnastics Center, Top Notch Gymnastics

70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:30 PM

March In: 4:50 PM

Awards: 7:45 PM