## **Lucky Charm**

#### LR Productions @ Concord Arena

February 15, 2025 - February 17, 2025

### Session 1A: USAG Level 2 and 3

#### Saturday, Feb 15, 2025

Clubs: Galax Gymnastics Center, Lake Norman Gymnastics, Pure Gymnastics, Rock Solid Gymnastics, Sizemore Gymnastics Academy Format: Modified Capitol Cup Open Stretch Begins: 8:00 AM March In: 8:20 AM Awards: 10:10 AM

## Session 1B: AAU Copper, Bronze (7 and under), TStars

Clubs: Carolina Flipz, Everest Gymnastics, Illumination Training Center, River City Gymnastics, Soar Moor Gymnastics, Triumph Gymnastics, Vasi's International Gymnastics Format: Modified Traditional Open Stretch Begins: 8:00 AM March In: 8:20 AM Awards: 10:00 AM

#### Session 2A: USAG Levels 4,5,6,7

Clubs: Carolina Flipz, Gym Force Athletic Training Center, Illumination Training Center, Lake Norman Gymnastics, Metrolina Gymnastics, Pure Gymnastics, Rock Solid Gymnastics, Sandhills Gymnastics Format: Modified Capitol Cup Open Stretch Begins: 10:40 AM March In: 11:00 AM Awards: 1:20 PM

## Session 2B: AAU Bronze (8 and over)

Clubs: Carolina Flipz, Everest Gymnastics, River City Gymnastics, Soar Moor Gymnastics, Triumph Gymnastics, Vasi's International Gymnastics Format: Modified Traditional Open Stretch Begins: 10:40 AM March In: 11:00 AM Awards: 12:40 PM

## Session 3A: USAG Gold

Clubs: Bull City Gymnastics, Everest Gymnastics, Galax Gymnastics Center, Hillsborough Cheer, Dance & Gymnastics, Illumination Training Center, Metrolina Gymnastics Format: Modified Capitol Cup Open Stretch Begins: 1:50 PM March In: 2:10 PM Awards: 4:30 PM

# Session 3B: AAU Gold Group (dob 3/15/13 and later)

Clubs: Carolina Flipz, Charlotte Gymnastics Academy, Everest Gymnastics, Foothills Gymnastics Training Center, River City Gymnastics, Triumph Gymnastics, Vasi's International Gymnastics Format: Modified Traditional Open Stretch Begins: 1:50 PM March In: 2:10 PM Awards: 4:10 PM

### Session 4A: USAG Platinum, Diamond, 8,9,10

Clubs: Bull City Gymnastics, Carolina Flipz, Everest Gymnastics, Gym Force Athletic Training Center, Hillsborough Cheer, Dance & Gymnastics, Illumination Training Center, Metrolina Gymnastics, Pure Gymnastics, Revive Elite Training Format: Modified Capitol Cup Open Stretch Begins: 5:00 PM March In: 5:20 PM Awards: 8:40 PM

## Session 4B: AAU Gold (dob before 3/15/13)

Clubs: Carolina Flipz, Charlotte Gymnastics Academy, Everest Gymnastics, Foothills Gymnastics Training Center, River City Gymnastics, Triumph Gymnastics, Vasi's International Gymnastics Format: Modified Traditional Open Stretch Begins: 5:00 PM March In: 5:20 PM Awards: 7:05 PM

#### **Session 5A: USAG Bronze**

#### Sunday, Feb 16, 2025

Clubs: Bull City Gymnastics, Flex Gymnastics, Galax Gymnastics Center, Metrolina Gymnastics, Pure Gymnastics, Sandhills Gymnastics Format: Modified Capitol Cup Open Stretch Begins: 8:00 AM March In: 8:20 AM Awards: 10:45 AM

## Session 5B: AAU Silver (dob 3/27/15 and after)

Clubs: Carolina Flipz, Everest Gymnastics, Foothills Gymnastics Training Center, River City Gymnastics, Triumph Gymnastics, Vasi's International Gymnastics Format: Modified Traditional Open Stretch Begins: 8:00 AM March In: 8:20 AM Awards: 9:55 AM

#### **Session 6A: USAG Silver**

Clubs: Bull City Gymnastics, Carolina Flipz, Everest Gymnastics, Galax Gymnastics Center, Gym Force Athletic Training Center, Metrolina Gymnastics, Pure Gymnastics, Sandhills Gymnastics Format: Modified Capitol Cup Open Stretch Begins: 11:15 AM March In: 11:35 AM Awards: 1:50 PM

## Session 6B: AAU Silver (dob before 3/27/15)

Clubs: Carolina Flipz, Everest Gymnastics, Foothills Gymnastics Training Center, River City Gymnastics, Triumph Gymnastics, Vasi's International Gymnastics Format: Modified Traditional Open Stretch Begins: 11:15 AM March In: 11:35 AM Awards: 1:25 PM

### Session 7A: NGA 6N, PN

Clubs: Asheville Community Movement, Faulkner's Elite, Foothills Gymnastics Training Center, Gymanarium, Iga Kids, Legacy Elite, OSEGA, Precision, Revive Elite Training, Sanford Academy Of Gymnastics, Sizemore Gymnastics Academy, Small Wonders, Soar Moor Gymnastics Format: Modified Capitol Cup Open Stretch Begins: 2:20 PM March In: 2:40 PM Awards: 5:50 PM

## Session 7B: AAU Platinum and Diamond

Clubs: Carolina Flipz, Charlotte Gymnastics Academy, Everest Gymnastics, Foothills Gymnastics Training Center, River City Gymnastics, Triumph Gymnastics, Vasi's International Gymnastics Format: Modified Traditional Open Stretch Begins: 2:20 PM March In: 2:40 PM Awards: 6:10 PM

## Session 8A: NGA 7N, 8N, DN, 9N,10N

Clubs: Asheville Community Movement, Chapin Christian Gymnastics, Faulkner's Elite, Foothills Gymnastics Training Center, Gymanarium, Legacy Elite, OSEGA, Precision, Revive Elite Training, Sanford Academy Of Gymnastics, Small Wonders Format: Modified Capitol Cup Open Stretch Begins: 6:25 PM March In: 6:45 PM Awards: 9:35 PM

#### Session 8B: NGA SN

Clubs: Asheville Community Movement, Faulkner's Elite, Iga Kids, Legacy Elite, Precision, Revive Elite Training, Sanford Academy Of Gymnastics Format: Modified Traditional Open Stretch Begins: 6:25 PM March In: 6:45 PM Awards: 8:45 PM

## Session 9A: NGA 4N, 5N

#### Monday, Feb 17, 2025

Clubs: Asheville Community Movement, Chapin Christian Gymnastics, Gymanarium, Iga Kids, OSEGA, Small Wonders Format: Modified Capitol Cup Open Stretch Begins: 8:00 AM March In: 8:20 AM Awards: 10:40 AM

## Session 9B: NGA 2BN

Clubs: Faulkner's Elite, Foothills Gymnastics Training Center, Gymanarium, Iga Kids, Legacy Elite, OSEGA, Revive Elite Training, Sanford Academy Of Gymnastics Format: Modified Traditional Open Stretch Begins: 8:00 AM March In: 8:20 AM Awards: 10:10 AM

## Session 10A: NGA GN

Clubs: Asheville Community Movement, Faulkner's Elite, Foothills Gymnastics Training Center, Iga Kids, Legacy Elite, OSEGA, Precision, Revive Elite Training, Sanford Academy Of Gymnastics, Soar Moor Gymnastics Format: Modified Capitol Cup Open Stretch Begins: 11:05 AM March In: 11:25 AM Awards: 2:05 PM

## Session 10B: NGA 1N

Clubs: Foothills Gymnastics Training Center, Gymanarium, Legacy Elite, Precision, Sizemore Gymnastics Academy Format: Modified Traditional Open Stretch Begins: 11:05 AM March In: 11:25 AM Awards: 1:15 PM

## Session 11A: NGA 3N

Clubs: Asheville Community Movement, Faulkner's Elite, Foothills Gymnastics Training Center, Gymanarium, Iga Kids, OSEGA, Sizemore Gymnastics Academy, Soar Moor Gymnastics Format: Modified Capitol Cup Open Stretch Begins: 2:30 PM March In: 2:50 PM Awards: 5:05 PM

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