

Flying High AAU Qualifier

Talbert Rec Center, Mooresville, NC

March 21, 2025 - March 23, 2025

Session 1. Gold Novice and Elite

Friday, Mar 21, 2025

47 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:15 PM

March In: 4:35 PM

Awards: 6:15 PM

Session 2. Gold Advanced

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:30 PM

March In: 6:50 PM

Awards: 9:00 PM

Session 3. Bronze Novice, Adv (5 - 8 yo)

Saturday, Mar 22, 2025

52 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 9:50 AM

Session 4. Bronze Advanced (9 and up)

47 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:10 AM

March In: 10:30 AM

Awards: 12:00 PM

Session 5. Bronze Elite

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:20 PM

March In: 12:40 PM

Awards: 2:35 PM

Session 6. Platinum (13 yo and below)

40 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:55 PM

March In: 3:15 PM

Awards: 5:25 PM

Session 7. Sapphire, Diamond and Platinum(14 and up)

37 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 8:10 PM

Session 8. Copper

Sunday, Mar 23, 2025

53 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 9:50 AM

Session 9. Silver Novice and Adv (5-9 yo)

48 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:05 AM

March In: 10:25 AM

Awards: 12:15 PM

Session 10. Silver Adv (10 and up)

46 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:30 PM

March In: 12:50 PM

Awards: 2:50 PM

Session 11. Silver Elite

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:10 PM

March In: 3:30 PM

Awards: 5:30 PM

