

NC AAU State Meet

Greensboro Coliseum

April 25, 2025 - April 27, 2025

Session 1A. Silver Novice and Adv 3

Friday, Apr 25, 2025

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 9:00 AM

March In: 9:20 AM

Awards: 11:25 AM

Session 1B. Gold Novice and Adv 3

81 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 9:00 AM

March In: 9:20 AM

Awards: 11:45 AM

Session 2A. Silver Adv 2

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:40 AM

March In: 12:00 PM

Awards: 2:10 PM

Session 2B. Gold Adv 2

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:00 PM

March In: 12:20 PM

Awards: 2:35 PM

Session 3A. Silver Adv 1 and Elite 4

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 4:50 PM

Session 3B. Gold Adv 1, Elite 2

81 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 2:50 PM
March In: 3:10 PM
Awards: 5:35 PM

Session 4A. Silver Elite 3

76 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 5:05 PM
March In: 5:25 PM
Awards: 7:40 PM

Session 4B. Gold Elite1

68 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 5:50 PM
March In: 6:10 PM
Awards: 8:15 PM

Session 5A. Silver Elite 2

Saturday, Apr 26, 2025
77 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:30 AM
March In: 8:50 AM
Awards: 11:05 AM

Session 5B. Copper Novice, Adv 3,

71 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:30 AM
March In: 8:50 AM
Awards: 10:45 AM

Session 6A. Silver Elite 1

76 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 11:20 AM
March In: 11:40 AM
Awards: 1:55 PM

Session 6B. Copper Adv 2

78 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 11:00 AM

March In: 11:20 AM
Awards: 1:15 PM

Session 7A. Bronze Nov and Adv 3, 4x4, L3

74 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 2:10 PM
March In: 2:30 PM
Awards: 4:50 PM

Session 7B. Copper Adv 1 and Elite 2

76 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 1:30 PM
March In: 1:50 PM
Awards: 3:45 PM

Session 8A. Bronze Adv 2

76 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 5:05 PM
March In: 5:25 PM
Awards: 7:20 PM

Session 8B. Copper Elite 1

79 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 4:00 PM
March In: 4:20 PM
Awards: 6:20 PM

Session 9A. Bronze Adv 1

Sunday, Apr 27, 2025

66 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:30 AM
March In: 8:50 AM
Awards: 10:30 AM

Session 9B. Platinum Jr, 4, 6, 7, 8

65 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:30 AM
March In: 8:50 AM
Awards: 11:35 AM

Session 10A. Bronze Elite 3

82 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:45 AM

March In: 11:05 AM

Awards: 1:05 PM

Session 10B. Platinum Sr, Diamond, Sapphire

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:50 AM

March In: 12:10 PM

Awards: 3:10 PM

Session 11A. Bronze Elite 2

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:15 PM

March In: 1:35 PM

Awards: 3:25 PM

Session 12A. Bronze Elite 1

77 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:35 PM

March In: 3:55 PM

Awards: 5:45 PM