

# Friday, January 9th

## White Gym

Session 1: USAG Level 7 & Xcel Platinum

Open Stretch: 2:15pm

Awards: 6:00pm

(Level 7: Bearfoot, Element, Envi, New Bern,  
Paragon, Port City, Sandhills, VIGS)  
(Platinum: Port City, Rock Hill, Sandhills,  
Ultimate Kids, Unity Athletics)

Session 2: USAG Levels 6 & 7

Open Stretch: 6:00pm

Awards: 9:30pm

(Level 6: Axcelerate, Dynamic Gym, Dynamic,  
Excel, Islands, OMEGA, Rock Hill, Stanly County,  
Thomas, Unity Athletics, Virginia Elite)  
(Level 7: Axcelerate, Dynamic Gym, Dynamic,  
Excel, Illumination, Islands, Kidsport, OMEGA,  
Rock Hill, Stanly County, Thomas,  
Unity Athletics, Virginia Elite, Zenith)

## Red Gym

Session 1: USAG Xcel Gold

Open Stretch: 2:15pm

Awards: 6:00pm

(Axcelerate, Chalkettes, Classic, Everest, Excel,  
Florence, Perfect Balance, Zenith)

Session 2: USAG Level 6

Open Stretch: 6:00pm

Awards: 9:30pm

(Aiken, Bearfoot, Crystal Coast, Lake Norman,  
Langley, New Bern, Paragon, Peak,  
Revive Elite, Sandhills, Ultimate Kids, VIGS)

## Black Gym

Session 1: AAU Xcel Bronze & Xcel Copper

Open Stretch: 3:00pm

Awards: 6:00pm

(AAU Copper: All Teams)  
(AAU Bronze: New Bern, Port City, Thomas,  
Ultimate Kids)

Session 2: AAU Xcel Gold, Platinum, Diamond &  
Level 6

Open Stretch: 6:00pm

Awards: 9:15pm  
(All Teams)

# Saturday, January 10th

## White Gym

Session 3: USAG Xcel Bronze

Open Stretch: 8:00am

Awards: 11:00am

(Classic, Florence, Rock Hill, Unify,  
Virginia Elite, Youngs)

Session 4: USAG Xcel Silver

Open Stretch: 11:00am

Awards: 2:30pm

(Bull City, Champion Mindset, Florence,  
Kidsport, Langley, Paragon, Rock Hill, Thomas,  
Traditional, Unify)

Session 5: USAG Xcel Gold

Open Stretch: 2:30pm

Awards: 5:45pm

(Bull City, Hillsborough, Paragon, Peak,  
Port City, Traditional, Unity Athletics,  
Virginia Elite, Wilson)

Session 6: USAG Xcel Platinum

Open Stretch: 5:45pm

Awards: 9:30pm

(Chalkettes, Crystal Coast, Envi, Hillsborough,  
Langley, Paragon, Peak, Performance,  
Stanly County, Thomas, Tri-County,  
Virginia Elite, Wilson)

## Red Gym

Session 3: USAG Xcel Bronze, Level 2, & HUGS

Open Stretch: 8:00am

Awards: 11:00am

(Level 2 & HUGS: All Teams)  
(Bronze: Chalkettes, Langley, Paragon,  
Performance, Sandhills, Tri-County,  
Unity Athletics)

Session 4: USAG Xcel Silver

Open Stretch: 11:00am

Awards: 2:30pm

(Excel, Illumination, New Bern, OMEGA, Peak,  
Sandhills, Ultimate Kids, Unity Athletics,  
Virginia Elite, Youngs)

Session 5: USAG Level 9

Open Stretch: 2:30pm

Awards: 5:45pm

(All Teams)

Session 6: USAG Levels 8 & 10

Open Stretch: 5:45pm

Awards: 9:45pm

(All Teams)

## Black Gym

Session 3: AAU Levels 1, 2 & Xcel Bronze

Open Stretch: 8:00am

Awards: 10:45am

(Levels 1 & 2: All Teams)  
(AAU Bronze: Peak, Stanly County, Thomas)

Session 4: AAU Xcel Silver

Open Stretch: 10:45am

Awards: 1:30pm

(All Teams)

Session 5: USAG Xcel Silver

Open Stretch: 1:30pm

Awards: 5:15pm

(Aiken, Axcelerate, Chalkettes, Classic,  
Crystal Coast, Perfect Balance, Performance,  
Team Attraction, Tri-County)

Session 6: USAG Xcel Platinum

Open Stretch: 5:15pm

Awards: 9:00pm

(Aiken, Bull City, Champion Mindset, Everest,  
Flipstarz, Illumination, OMEGA, Team Attraction,  
Traditional, Unify)

# Sunday, January 11th

## White Gym

Session 7: USAG Xcel Bronze

Open Stretch: 8:00am

Awards: 10:45am

(Crystal Coast, Flex, Peak, Team Attraction,  
Thomas, Zenith)

Session 8: USAG Xcel Gold

Open Stretch: 10:45am

Awards: 2:00pm

(Aiken, Champion Mindset,  
Kidsport, Langley, New Bern, Performance,  
Rock Hill, Stanly County, Ultimate Kids, Unify)

Session 9: USAG Xcel Gold

Open Stretch: 2:00pm

Awards: 5:00pm

(Crystal Coast, Envi, Illumination, OMEGA,  
Sandhills, Team Attraction,  
Thomas, Tri-County)

## Red Gym

Session 7: USAG Xcel Bronze

Open Stretch: 8:00am

Awards: 10:45am

(Axcelerate, Bull City, Excel, Kidsport, New Bern,  
Perfect Balance)

Session 8: USAG Xcel Diamond

Open Stretch: 10:45am

Awards: 2:00pm

(Bull City, Crystal Coast, Flipstarz, Hillsborough,  
OMEGA, Revive Elite, Sandhills, Team Attraction,  
Traditional, Tri-County)

Session 9: USAG Xcel Diamond & Sapphire

Open Stretch: 2:00pm

Awards: 4:45pm

(Xcel Sapphire: All Teams)  
(Xcel Diamond: Chalkettes, Dyanmic Gym,  
Everest, Islands, Lake Norman, Rock Hill,  
Thomas, Unify, Virginia Elite)

## Black Gym

Session 7: USAG Level 3

Open Stretch: 8:00am

Awards: 11:15am

(All Teams)

Session 8: USAG Levels 4 & 5

Open Stretch: 11:15am

Awards: 2:45pm

(All Teams)