



2022 MEET SCHEDULE

Blue Gym

Friday, January 28

12:00 PM	AAU Bronze
3:00 PM	AAU Silver, Gold, Platinum & Open
6:00 PM	USAG Gold

Saturday, January 29

8:00 AM	USAG Level 7
11:30 AM	USAG Level 6
2:30 PM	USAG Level 8
6:00 PM	USAG Level 9 & 10

Sunday, January 30

8:00 AM	USAG Levels 1, 2 & 3
11:30 AM	USAG Silver
3:00 PM	USAG Silver

Maroon Gym

Friday, January 28

12:00 PM	USAG Platinum
3:00 PM	USAG Platinum
6:00 PM	USAG Gold

Saturday, January 29

8:00 AM	USAG Bronze
11:30 AM	USAG Level 6
2:30 PM	USAG Levels 4 & 5
6:00 PM	USAG Diamond

Sunday, January 30

8:00 AM	Men's Level 3, Silver, Gold & Platinum
11:30 AM	Men's Levels 4 & 5
3:00 PM	Men's Levels 6-10

*Each session begins with a 20-minute open stretch period followed by a 10-minute opening ceremony. Awards ceremony will immediately follow each session.



SCHEDULE DETAILS – Friday, January 28

Session 1: 12:00 PM

Blue Gym

AAU Bronze – Balance Point, Hahn's, Meadowview,
New River, Soar Moor

Maroon Gym

USAG Platinum – ACPR, Carolina, Columbia,
Empire, Lake Murray, Meadowview, Olympia-
Monck Corner, Salem, Spartanburg, Stanly
County, Team Foothills, Thomas, Upstate

Session 2: 3:00 PM

Blue Gym

AAU Silver – Appalachian, Balance Point, New River,
Soar Moor

AAU Gold – Balance Point, New River

AAU Platinum – Balance Point, Meadowview, New
River, Soar Moor

AAU Open – Soar Moor

Maroon Gym

USAG Platinum – Appalachian, Boost, Champions,
Electric City, GymSations, Illumination,
Langley, Newnan, Precision, Raleigh School,
Soda City

Session 3: 6:00 PM

Blue Gym

USAG Gold – Boost, Carolina, Hahn's, Illumination,
Meadowview, New Vision, Olympia-
Hendersonville, Salem, Stanly County, Team
Foothills, Thomas, Upstate

Maroon Gym

USAG Gold – ACPR, Appalachian, Champions,
Electric City, Empire, Langley, Newnan,
Olympia-Moncks Corner, Raleigh School,
Soar Moor, Spartanburg

SCHEDULE DETAILS – Saturday, January 29

Session 4: 8:00 AM

Blue Gym

USAG Level 7 – Boost, Carolina, Columbia, Discovery, Envi, Hahn's, Illumination, Lake Murray, Langley, Meadowview, New Vision, Precision, Raleigh School, Salem, Soda City, United Gymstars

Maroon Gym

USAG Bronze – Carlina, Electric City, Empire, Meadowview, Olympia-Hendersonville, Raleigh School, Soar Moor, Soda City, Stanly County, Thomas

Session 5: 11:30 AM

Blue Gym

USAG Level 6 – Boost, Carolina, GymSations, Hahn's, Nova, Olympia-Hendersonville, Precision, Raleigh School, Thomas, United Gymstars

Maroon Gym

USAG Level 6 – ACPR, Columbia, Discovery, Empire, Lake Murray, New Vision, Salem, Soda City, Upstate

Session 6: 2:30 PM

Blue Gym

USAG Level 8 – ACPR, Champions, Columbia, Discovery, Electric City, GymSations, Hahn's, Lake Murray, Langley, Meadowview, New Vision, Nova, Olympia-Hendersonville, Precision, Raleigh School, Salem, Soda City, Stanly County, Thomas, United Gymstars

Maroon Gym

USAG Level 4 – ACPR, Carolina, Discovery, Empire, Hahn's, Illumination, New Vision, Precision, Soda City, Thomas, Upstate

USAG Level 5 – ACPR, Carolina, Empire, Upstate

Session 7: 6:00 PM

Blue Gym

Level 9 – Appalachian, Carolina, Columbia, Discovery, Envi, GymSations, Hahn's, Lake Murray, Langley, Meadowview, New Vision, Newnan, Precision, Raleigh School, Salem, Soda City, Team Foothills, Thomas, Upstate

Level 10 – ACPR, Lake Murray, New Vision, Newnan, Raleigh School, Salem, Team Foothills, Thomas, Upstate

Maroon Gym

USAG Diamond – ACPR, Champions, Columbia, Empire, GymSations, Langley, New Vision, Newnan, Olympia-Moncks Corner, Raleigh School, Salem, Team Foothills, Thomas, Upstate

SCHEDULE DETAILS – Sunday, January 30

Session 8: 8:00 AM

Blue Gym

USAG Level 1 – Carolina

USAG Level 2 – Carolina, New Vision

USAG Level 3 – APCR, Carolina, New Vision,
Salem, Soda City, Thomas

Maroon Gym

Men's Level 3 – Axcelerate, Electric City, Galaxy
Athletics, Hahn's, High Point, Legacy Elite,
Precision, Salem, Stanly County, Thomas

Men's Silver – Hahn's

Men's Gold – Hahn's, Tri-County

Men's Platinum – Tri-County

Session 9: 11:30 AM

Blue Gym

USAG Silver – Boost, Carolina, Champions, Empire,
Olympia-Moncks Corner, Raleigh School,
Salem, Upstate

Maroon Gym

Men's Level 4 – Axcelerate, Columbia, Electric City,
Hahn's, High Point, Langley, Mountain
Empire, Precision, Salem, Stanly County, Tri-
County

Men's Level 5 – Axcelerate, Columbia, Electric City,
High Point, Precision, Salem, Tri-County

Session 10: 3:00 PM

Blue Gym

USAG Silver – Electric City, Hahn's, Illumination,
Langley, Meadowview, New Vision, Soar
Moor, Soda City, Stanly County, Team
Foothills, Thomas

Maroon Gym

Men's Level 6 – Columbia, Langley

Men's Level 7 – Columbia, Electric City, Hahn's,
High Point, Mountain Empire, Salem, Tri-
County

Men's Level 8 – Electric City, High Point, Precision,
Salem, Team Foothills, Tri-County

Men's Level 9 – Hahn's, High Point, Langley,
Precision, Salem

Men's Level 10 – Electric City, Hahn's, High Point,
Salem, Team Foothills