



## 2025 SCHEDULE SUMMARY

### Blue Gym

#### Friday, January 31

8:00 AM	USAG Levels 6 & 7
11:30 AM	USAG Levels 6 & 7
3:00 PM	USAG Level 4
6:30 PM	USAG Diamond

#### Saturday, February 1

8:00 AM	USAG Platinum & Level 5
11:30 AM	USAG Platinum
3:00 PM	USAG Gold
6:30 PM	USAG Gold

#### Sunday, February 2

8:00 AM	USAG Silver & Gold
11:30 AM	USAG Level 3
3:00 PM	AAU Levels 2 & Silver
6:30 PM	AAU Levels 4 & Gold

### Maroon Gym

#### Friday, January 31

8:00 AM	USAG Level 6
11:30 AM	USAG Silver
3:00 PM	USAG Silver
6:30 PM	USAG Silver & Gold

#### Saturday, February 1

8:00 AM	USAG Levels 8 Platinum
11:30 AM	USAG Level 8
3:00 PM	USAG Level 9
6:30 PM	USAG Level 10 & Sapphire

#### Sunday, February 2

8:00 AM	AAU Copper & Bronze
11:30 AM	AAU Bronze
3:00 PM	AAU Silver
6:30 PM	AAU XG, XP, XD & Sapphire

### Gold Gym

#### Friday, January 31

8:30 AM	USAG Bronze
12:00 PM	USAG Levels 1 & 2
2:30 PM	USAG Bronze
6:00 PM	USAG Bronze

#### Saturday, February 1

8:30 AM	Boys Level 5 & 6
12:00 PM	Boys Levels 7, 8 & XP
3:30 PM	Boys Levels 9 & 10

#### Sunday, February 2

8:30 AM	Boys Level 4
12:00 PM	Boys Levels 3
3:30 PM	Boys Level 3 & XG

## SCHEDULE DETAILS – Friday, January 31

### Session 1

#### Blue Gym – USAG Level 6 & 7

**Level 6** - Clemmons, Coman, Georgia Elite  
Next Level, Step Ahead, Upstate,  
Victory, Zenith

**Level 7** – Clemmons, Coman, Easley, Flight  
Athletic, Foothills, Morgan’s, Next  
Level, Revolution, Step Ahead, Ultimate  
Kids, Victory

#### Maroon Gym – USAG Levels 6

Appalachian, Balance Point, Capital City,  
Charleston Twisters, Enso Elite, Golden City,  
GymTek, Langley, Precision, Sizemore, Stanly  
County, Thomas, Top Notch, VA Techniques

#### Gold Gym – USAG Bronze

Canton, Easley, Greeneville, Hahn’s  
Metrolina, Palmetto, Peak, Zenith

### Session 2

#### Blue Gym – USAG Levels 6 & 7

**Level 6** - Canton, Easley, Metrolina, Palmetto  
Revolution, Rose’s

**Level 7** – Canton, Charleston Twisters, Clemmons  
Georgia Elite, Golden City, Greeneville,  
Illumination, Metrolina, Olympia,  
Palmetto, Rose’s

#### Maroon Gym – USAG Silver

Appalachian, Beach Team, Capital City,  
Electric City, Element, Everest, Gainesville,  
GymTek, KPAC, Peak, Top Notch, Ultimate  
Kids

#### Gold Gym – USAG Levels 1 & 2

**Level 1** – New Vision

**Level 2** – Clemmons, Flight Athletic  
Golden City, Lake Norman, Next  
Level, Sizemore

### Session 3

#### Blue Gym – USAG Level 4

Appalachian, Charleston Twisters, Clemmons,  
Coman, Easley, Flight Athletic, Golden City  
Illumination, Lake Norman, Morgan’s, Next  
Level, Palmetto, Revolution, Step Ahead, Thomas  
Upstate, VA Techniques

#### Maroon Gym – USAG Silver

Canton, Champions, Enso Elite, Georgia Elite  
Golden City, Greeneville, Hahn’s, Metrolina  
Stanly County, Up & Coming, Yadkin Valley

#### Gold Gym – USAG Bronze

Beach Team, Electric City, Element  
Gainesville, KPAC, Sparkle City, Top Notch

### Session 4

#### Blue Gym – USAG Diamond

Beach Team, Canton, Carolina Stars, Champions,  
Charleston Twisters, Electric City, Element, Everest  
Gainesville, Golden City, Hahn’s, Knightdale, KPAC  
Lake Norman, New Vision, Next Level, Palmetto  
Peak, Thomas, Top Notch, Upstate

#### Maroon Gym – USAG Silver & Gold

**Silver** - Coman, Easley, Revolution, Victory  
Zenith

**Gold** – Capital City, Greeneville, Mountain,  
Sparkle City, Stanly County, WAKE  
Yadkin Valley, Zenith

#### Gold Gym – USAG Bronze

Coman, Georgia Elite, Golden City,  
Next Level, Rose’s, Ultimate Kids,  
Up & Coming, Yadkin Valley

## SCHEDULE DETAILS – Saturday, February 1

### Session 5

#### Blue Gym – USAG Platinum & 5's

**Level 5's** – Charleston Twisters, Flight Athletic, Illumination, Olympia-NC, Palmetto

**Platinum** – Balance Point, Enso Elite, Everest, Georgia Elite, Golden City, Lake Norman, Step Ahead, Ultimate Kids, Victory, Morgan's, Next Level, Yadkin Valley

#### Maroon Gym – USAG Platinum & 8's

**Level 8's** – Champions, Coman, Easley, Hahn's, Metrolina, Palmetto, Rose's Stanly County, Thomas, Top Notch, Zenith

**Platinum** – Appalachian, Easley, Metrolina, Palmetto, Rose's, Sparkle City, Stanly County, Thomas, Top Notch

#### Gold Gym – Men's Level 5 & 6

**Level 5** – Carolina, Charleston Twisters, Clemmons, Countryside, Electric City, Element, Flip Force, Golden City, Goose Creek, Hahn's, Metrolina, Precision, Rose's, Thomas, Zenith

**Level 6** – Countryside, Electric City, Flip Force

### Session 6

#### Blue Gym – USAG Platinum

Beach Team, Canton, Carolina Stars, Champions-SC, Electric City, Element, Flight Athletic, Gainesville, Hahn's, New Vision, Peak, Upstate

#### Maroon Gym – USAG Level 8

Clemmons, Enso Elite, Foothills, Georgia Elite, Golden City, KPAC, Lake Norman, Morgan's, Next Level, Precision, Revolution, Sparkle City, Step Ahead, Ultimate Kids, VA Techniques

#### Gold Gym – Men's Levels 7-8 & Platinum

**Level 7** – Carolina, Carolina Stars, Countryside, Electric City, Element, Goose Creek, Gymnastics Gold, Hanh's, Metrolina, Newnan, Tri-County, World Class, Zenith

**Level 8** – Carolina, Carolina Stars, Charleston Twisters, Flip Force, Golden City, Palmetto, Precision

**Platinum** - Greenville

### Session 7

#### Blue Gym – USAG Gold

Appalachian, Canton, Champions, Element, Everest, Gainesville, GymTek, Metrolina, Palmetto, Step Ahead, Up & Coming, Upstate, Victory

#### Maroon Gym – USAG Level 9

Beach Team, Carolina Stars, Charleston Twisters, Coman, Easley, Enso Elite, Georgia Elite, Golden City, Hahn's, Illumination, KPAC, Lake Norman, Langley, Metrolina, Morgan's, New Vision, Next Level, Olympia-NC, Revolution, Rose's Thomas, Ultimate Kids, VA Techniques

#### Gold Gym – Men's Levels 9-10

**Level 9** – Carolina Stars, Electric City, Element, Golden City, Hahn's, Metrolina, Newnan, Palmetto

**Level 10** – Carolina Stars, Electric City, Metrolina, Newnan, Palmetto, Rose's, Tri-County, World Class

### Session 8

#### Blue Gym – USAG Gold

Beach Team, Electric City, Enso Elite, Georgia Elite, Golden City, Illumination, Langley, Next Level, Peak, Rose's, Top Notch, Ultimate, Kids

#### Maroon Gym – Level 10 & Sapphire

**Level 10** – Beach Team, Capital City, Charleston Twisters, Coman, Easley, Enso Elite, Golden City, Hahn's, Precision, Revolution, Sparkle City, Stanly County, Thomas, VA Techniques, WAKE

**Sapphire** – Beach Team, Easley, KPAC, Upstate

#### Gold Gym

## SCHEDULE DETAILS – Sunday, February 2

### Session 9

#### Blue Gym – USAG Silver & Gold

**Silver** – Charleston Twisters, Next Level, Palmetto, Rose's, Sparkle City, Step Ahead, Thomas Next Level

**Gold** – Coman, Easley, Hahn's, KPAC, Revolution Thomas

#### Maroon Gym – AAU Copper & Bronze

**Copper** - East TN, New River, Next Level, Olympia-NC

**Bronze** – Everest, Hahn's, Knightdale, Lee County, Olympia-NC, Olympia-SC, Yadkin Valley, Zenith

#### Gold Gym – Men's Level 4

Carolina, Carolina Stars, Charleston Twisters, Clemmons, Countryside, East TN, Electric City, Element, Flip Force, Foothills, Golden City, Goose Creek, Hahn's, Palmetto, Precision, Rose's, Thomas, World Class, Zenith

### Session 10

#### Blue Gym – USAG Level 3

Appalachian, Clemmons, Easley, Flight Athletic, Golden City, Lake Norman, New Vision, Palmetto, Sizemore, Step Ahead, VA Techniques

#### Maroon Gym – AAU Bronze

Balance Point, Clemmons, East TN, New River Next Level, Peak, Port Wentworth, Top Notch, Ultimate Kids

#### Gold Gym – Men's Level 3

Carolina, Carolina Stars, Charleston Twisters, Clemmons, Golden City, Goose Creek, Precision, Rose's, Thomas, World Class, Zenith

### Session 11

#### Blue Gym – AAU Silver & Level 2's

**Level 2** – Precision

**Silver** – Balance Point, Clemmons, East TN, Lee County, New Vision, Olympia-NC Yadkin Valley, Zenith

#### Maroon Gym – AAU Silver

Everest, Flight Athletic, Knightdale, Mountain, New River, Olympia-SC, Peak, Port Wentworth, Top Notch, Ultimate Kids

#### Gold Gym – Men's Level 3 & Gold

**Level 3** – Countryside, Electric City, Element, Flip Force, Hahn's, Metrolina, Palmetto, Sizemore, Tri-County

**Gold** – Flip Force, Greeneville, Hahn's, Tri-County

### Session 12

#### Blue Gym – AAU Gold, Plat, Dia, Sap

**Gold** – Balance Point, Everest, Knightdale, Lee County, New River, Olympia-SC, Peak

**Platinum** – Everest, Knightdale, Lee County, Lee County, New River, Peak

**Diamond** – Everest, Knightdale, New River, Olympia-SC

**Sapphire** - Knightdale

#### Maroon Gym – AAU Gold & 4's

**Level 4** – Precision

**Gold** – Clemmons, East TN, Flight Athletic Mountain, New Vision, Olympia-NC, Top Notch, Ultimate Kids, Zenith

#### Gold Gym