



2024 SCHEDULE SUMMARY

Blue Gym

Friday, January 26

8:00 AM USAG Bronze
 11:30 AM USAG Bronze
 3:00 PM USAG Silver
 6:30 PM USAG Silver

Saturday, January 27

8:00 AM USAG Silver
 11:30 AM USAG Diamond
 3:00 PM USAG Level 8 & Sapphire
 6:30 PM USAG Level 9 & 10

Sunday, January 28

8:00 AM USAG Platinum
 11:30 AM USAG Platinum & 6
 3:00 PM USAG Platinum & 6
 6:30 PM USAG Level 7

Maroon Gym

Friday, January 26

8:00 AM USAG Levels 2 & 3
 11:30 AM USAG Levels 1 & 3
 3:00 PM USAG Level 4
 6:30 PM USAG Levels 4 & 5

Saturday, January 27

8:00 AM USAG Silver & Gold
 11:30 AM USAG Gold & TOPS
 3:00 PM USAG Gold
 6:30 PM AAU XG, XP, XD, Sapphire

Sunday, January 28

8:00 AM AAU Copper & Bronze
 11:30 AM AAU Bronze
 3:00 PM AAU Silver
 6:30 PM AAU XS & XG

Gold Gym

Saturday, January 27

9:00 AM Boys Level 4
 1:00 PM Boys Levels 5-6 & Xcel
 5:00 PM Boys Levels 7-10

Sunday, January 28

9:00 AM Boys Level 3



SCHEDULE DETAILS – Friday, January 26

Session 1

Blue Gym – USAG Bronze

Carolina, Champions, Hahn's, Hillsborough
Langley, Meadowview, Olympia-NC,
Palmetto, Revolution, Smoky Mountain
Soda City, Sparkle City, Stanly County, Zenith

Maroon Gym – USAG Levels 2 & 3

Level 2's – Carolina, Flight Athletic, Gainesville,
Gymnastics Unlimited, New Vision, Next
Level, Sizemore, Soda City, Spartanburg
Level 3's – Appalachian, Gainesville, Gymnastics
Unlimited, Next Level

Gold Gym

Session 2

Blue Gym – USAG Bronze

Easley, Electric City, Element, Gainesville,
Next Level, Olympia-SC, Omega, Peak
Tri-County, Ultimate Kids

Maroon Gym – USAG Levels 1 & 3

Level 1's – Carolina, New Vision
Level 3's – Carolina, Clemmons, Flight Athletic,
Greenville, Palmetto, Sizemore, Soda City,
Spartanburg

Gold Gym

Session 3

Blue Gym – USAG Silver

Chalkettes, Champions, Element,
Greenville-TN, Hayden's, Olympia-NC,
Stanly County, Thomas, Tri-County

Maroon Gym – USAG Level 4

Appalachian, Carolina, Clemmons, Flight
Athletic, Gymnastics Unlimited, New Vision,
Palmetto, Precision, Spartanburg, Upstate

Gold Gym

Session 4

Blue Gym – USAG Silver

AcroSport, Electric City, Envi, Everest
Hahn's, Next Level, Omega, Sparkle City

Maroon Gym – USAG Level 4 & 5

Level 4 – Coman, Discovery, Element, Greenville-SC
Revolution, Sizemore, Soda City
Level 5 – Coman, Discovery, Greenville-SC,
Palmetto, Revolution, Sizemore, Soda City

Gold Gym



SCHEDULE DETAILS – Saturday, January 27

Session 5

Blue Gym – USAG Silver

Easley, Gainesville, Greenville-SC
Hillsborough, Langley, Palmetto
Peak, Revolution, Soda City
Yadkin Valley, Zenith

Maroon Gym – USAG Silver & Gold

Silver - Carolina, Olympia-SC, Smoky Mt.
Soar Moor, Ultimate Kids
Gold - Champions, Greenville-SC, Hahn's
Meadowview, Revolution, Soda City

Gold Gym – Men's Level 4

Clemmons, Countryside, Electric City, Element
Flip Force, Goose Creek, Gymnastics Counts,
Hahn's, Hayden's, Lake Murray, Precision,
Stanly County, Thomas, Unify, Zenith

Session 6

Blue Gym – USAG Diamond

AcroSport, Canton, Carolina, Chalkettes,
Champions, Clemmons, Easley, Everest,
Flight Athletic, Greenville-SC, Hahn's
Olympia-SC, Palmetto, Revolution,
Soda City, Sparkle City, Thomas,
Upstate, Yadkin Valley

Maroon Gym – USAG Gold & TOPS

Gold – Electric City, Element, Hayden's, Langley,
Next Level, Olympia-NC, Peak, Smoky
Mountain, Soar Moor, Stanly County,
Tri-County, Ultimate Kids, Zenith
TOPS – Next Level

Gold Gym – Men's Levels 5-6 & Xcel

Countryside, Flip Force, Goose Creek,
Greeneville-TN, Gymnastics Counts,
Hahn's, Hayden's, Lake Murray, Precision
Stanly County, Thomas, Tri-County, Unify,
Zenith

Session 7

Blue Gym – USAG Level 8 & Sapphire

Carolina, Chalkettes, Champions, Coman
Discovery, Envi, Flight Athletic,
Greenville-SC, Gymnastics Unlimited,
Hahn's, Hayden's, Meadowview, New
Vision, Next Level, Olympia-NC, Olympia-SC
Omega, Palmetto, Positively, Revolution
Soda City, Thomas, WAKE, Yadkin Valley

Maroon Gym – USAG Gold

AcroSport, Appalachian, Carolina, Chalkettes
Easley, Everest, Gainesville, Hillsborough,
Omega, Sparkle City, Thomas, Upstate,
Yadkin Valley

Gold Gym – Men's Levels 7-10

Countryside, Electric City, Element, Flip
Force, Gymnastics Counts, Hahn's, Lake
Murray, Newnan, Palmetto, Tri-County,
Zenith



SCHEDULE DETAILS – Saturday, January 27 - Continued

Session 8

Blue Gym – USAG Level 9-10

Coman, Discovery, Envi, Greeneville-TN
Greenville-SC, Gymnastics Unlimited,
Hahn's, Hayden's, Langley, Meadowview,
Newnan, Olympia-NC, Omega, Precision,
Revolution, Soda City, Stanly County,
Thomas, Ultimate Kids, Upstate, WAKE,
Zenith

Maroon Gym – AAU 6, XG, XP, XD & Sapphire

Balance Point, Chalkettes, Clemmons, East TN
Envi, Flight Athletic, Grayson County,
Knightdale, New River, New Vision, Positively

Gold Gym

SCHEDULE DETAILS – Sunday, January 28

Session 9

Blue Gym – USAG Platinum

AcroSport, Chalkettes, Champions,
Clemmons, Electric City, Element,
Hillsborough, Langley, Next Level
Omega, Smoky Mountain, Spartanburg,
Stanly County, Thomas, Upstate,
Yadkin Valley, Zenith

Maroon Gym – AAU Copper & Bronze

Copper - East TN, Grayson County, Hahn's,
New River, Up & Coming
Bronze – Balance Point, Grayson County,
Knightdale, Precision, Soar Moor,
Up & Coming

Gold Gym – Men's Level 3

Clemmons, East TN, Electric City, Element
Flip Force, Goose Creek, Hahn's Hayden's,
Lake Murray, Palmetto, Precision, Sizemore
Stanly County, Thomas, Tri-County, Unify
Zenith



SCHEDULE DETAILS – Sunday, January 28 - Continued

Session 10

Blue Gym – USAG Levels 6 & XP

Level 6 – Appalachian, Balance Point, Carolina, Gainesville, Gymnastics Unlimited, Hayden's, Next Level, Revolution, Sizemore, Thomas, Ultimate Kids,

Platinum – Carolina, Clemmons, Easley, Everest, Gainesville, Greenville-SC, Hahn's, Palmetto,

Maroon Gym – AAU Bronze

Chalkettes, Clemmons, East TN, Envi, New River, Port Wentworth, Positively

Gold Gym

Session 11

Blue Gym – USAG Level 6 & XP

Level 6 - Canton, Clemmons, Coman, Discovery, Envi, Greeneville-TN, Greenville-SC, Palmetto, Peak, Soda City, Stanly County

Platinum – Meadowview, New Vision, Peak Soar Moor, Tri-County

Maroon Gym – AAU Silver

Balance Point, East TN, Flight Athletic, Knightdale, New River, Positively, Port Wentworth, Precision

Gold Gym

Session 12

Blue Gym – USAG Level 7

Canton, Clemmons, Coman, Discovery, Element, Envi, Flight Athletic, Greenville-SC, Gymnastics Unlimited, Hahn's, Hayden's, Langley, Meadowview, Next Level, Olympia-NC, Omega, Positively, Precision, Revolution, Smoky Mountain, Soda City, Stanly County, Thomas Ultimate Kids, Upstate, Zenith

Maroon Gym – AAU Silver & Gold

Silver – Chalkettes, Clemmons, Envi, New Vision, Peak, Soar Moor, Up & Coming

Gold – Balance Point, Knightdale, Soar Moor

Gold Gym