



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, Palmetto, Peak, 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, Metrolina, 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, Palmetto

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

Level 4 – Precision

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

Maroon Gym – AAU Gold & 4's

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

Gold Gym