



Friday, March 1st

visit
MYRTLE BEACH
SOUTH CAROLINA

VisitMyrtleBeach.com/things-to-do

White Gym

Session 4W- USAG Xcel Bronze

Open Stretch: 8:00 am

Awards: 10:45 am

(Beach Team, Crystal Coast, First In Flight, Flex, Hart, Langley, Metrolina, Team Attraction, Tri-County)

Session 5W- USAG Xcel Silver & Level 3

Open Stretch: 10:45 am

Awards: 2:15 pm

(Silver- Broderick, Chalkettes, Team Attraction, WAKE, Yadkin Valley, Zenith)
(Level 3- Broderick, Gillette Elite, Greenville, Ohio Valley, Thomas, WAKE)

Session 6W- USAG Level 4

Open Stretch: 2:15 pm

Awards: 5:45 pm

(Clemmons, Coastal, Cutting Edge, Element, Envi, Greenville, Gymnastics Unlimited, Hope, Illumination, Ohio Valley, Revolution, Summerville, Thomas, WAKE, Wichita)

Session 7W- USAG Xcel Platinum

Open Stretch: 5:45 pm

Awards: 9:45 pm

(Broderick, Capital, Carolina-SC, Clemmons, Element, GAC, Hillsborough, Langley, Presitge, Rock Hill, Rose's, Scamps, Stanly County, Tristar, WAKE, Yadkin Valley, Zenith)

Teal Gym

Session 4T- USAG Levels 1 & 2

Open Stretch: 8:00 am

Awards: 10:30 am

(All Teams)

Session 5T- USAG Level 3

Open Stretch: 10:30 am

Awards: 2:00 pm

(Carolina-SC, Clemmons, Coastal, GAC, Gymnastics Unlimited, Harford, Rock Hill, Simsbury, Summerville YMCA)

Session 6T- USAG Level 4

Open Stretch: 2:00 pm

Awards: 5:45 pm

(Broderick, Carolina-SC, Charleston Twisters, Dream Chasers, GAC, Gillette Elite, Harford, Pinnacle, Rock Hill, Simsbury)

Session 7T- USAG Xcel Platinum

Open Stretch: 5:45 pm

Awards: 9:45 pm

(Altius, Chalkettes, Charleston Twisters, Classic New Hope, Crystal Coast, Diamond Peak, Evergreen, Flex, GAC-West Ashley, Hart, Miss Libby's, Mountian, Pinnacle, Simsbury, Stick It, Tapio, Thomas)

Black Gym

Session 4B- USAG Xcel Bronze

Open Stretch: 8:00 am

Awards: 11:00 am

(Element, Energy, Excel, GAC-West Ashley, Hahn's, Hillsborough, Rose's, Stanly County, Thomas, Ultimate Kids)

Session 5B- USAG Xcel Silver

Open Stretch: 11:00 am

Awards: 2:30 pm

(Crystal Coast, Element, Excel, Gym Inc, Langley, Pinnacle, Stanly County, Tri-County)

Session 6B- USAG Xcel Silver

Open Stretch: 2:30 pm

Awards: 5:45 pm

(Altius, Diamond Peak, First In Flight, Flex, Hahn's, Miss Libby's, New Bern, Scamps, Stick It, Taylor'ed, Twist'n Flip)

Session 7B- USAG Xcel Platinum

Open Stretch: 5:45 pm

Awards: 9:45 pm

(Beach Team, Energy, First In Flight, Greenville, Hahn's, Kentucky, Metrolina, Metzlers, Sandhills, Team Attraction, Tri-County, Twist 'n Flip, Wichita)



Saturday, March 2nd

visit
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White Gym

Session 8W- USAG Xcel Gold

Open Stretch: 8:00 am

Awards: 11:15 am

(Broderick, Classic Blaine, Classic Buffalo, Classic New Hope, First In Flight, Greenville, Harford, Mountain, North Valley, Team Attraction)

Session 9W- USAG Level 8

Open Stretch: 11:15 am

Awards: 2:45 pm

(Altius, Balance, Classic New Hope, Excel, Flex, Gym Inc, Gymnastics Unitd, Hart, Hope, Illumination, North Valley, Ohio Valley, Revolution, Scamps, Step Ahead)

Session 10W- USAG Levels 8 & 9

Open Stretch: 2:45 pm

Awards: 6:30 pm

(Level 8- Cumberland, Flyaways, Greenville, Hahn's, Pinnacle, Powerhouse, Richmond Olympiad, Rose's, Taylor'ed, Thomas)
(Level 9- Balance, Broderick, Cumberland, Flyaways, Greenville, Hahn's, Pinnacle, Powerhouse, Revolution, Richmond Olympiad, Rose's, Taylor'ed, Thomas)

Session 11W- USAG Xcel Gold

Open Stretch: 6:30 pm

Awards: 9:45 pm

(Altius, Carolina-SC, Diamond Peak, Hahn's, Hillsborough, Langley, Metrolina, Pinnacle, Revolution, Rock Hill, Scamps, Stick it, Taylor'ed, Twist'n Flip, Yadkin Valley, Zenith)

Teal Gym

Session 8T- USAG Xcel Bronze

Open Stretch: 8:00 am

Awards: 10:45 am

(Altius, Carolina-SC, GAC, Gems, Gym Inc, New Bern, Pinnacle, Sandhills, Simsbury, Taylor'ed, Zenith)

Session 9T- USAG Level 8

Open Stretch: 10:45 am

Awards: 2:15 pm

(Beach Team, Coastal, Cutting Edge, Envi, GAC, Kentucky, Metrolina, New Bern, Olympia, Rock Hill, Stick It, Tristar, WAKE, Wichita, Yadkin Valley)

Session 10T- USAG Level 9

Open Stretch: 2:15 pm

Awards: 6:00 pm

(Altius, Beach Team, Central Bucks, Charleston Twisters, Crystal Coast, Dream Chasers, Energy, GAC, Kentucky, Langley, Metzlers, Mountain, New Era, Olympia, Rock Hill, Sandhills, Stanly County, Stick It, Ultimate Kids)

Session 11T- USAG Level 10

Open Stretch: 6:00 pm

Awards: 9:45 pm

(All Teams)

Black Gym

Session 8B- USAG Xcel Diamond & Sapphire

Open Stretch: 8:00 am

Awards: 11:30 am

(Sapphire- All Teams)
(Diamond- Capital, Carolina, Chalkettes, Clemmons, Evergreen, Hahn's, Hart, Metzlers, New Era, Revolution, Thomas)

Session 9B- USAG Level 5

Open Stretch: 11:30 am

Awards: 2:15 pm

(All Teams)

Session 10B- USAG Xcel Silver

Open Stretch: 2:15 pm

Awards: 6:00 pm

(Capital, Envi, Gems, Metrolina, Prestige, Rose's, Tapio, Thomas)

Session 11B- USAG Xcel Gold

Open Stretch: 6:00 pm

Awards: 9:45 pm

(Beach Team, Capital, Energy, Gems, Hart, Prestige, Sandhills, Tri-County, Ultimate Kids)



Sunday, March 3rd

visit
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White Gym

Session 12W- USAG Levels 6 & 7

Open Stretch: 8:00 am

Awards: 11:30 am

(Level 6- Altius, Clemmons, Energy, Envi, Gillette Elite, Greenville, Gymnastics Unlimited, Kentucky, Powerhouse, Simsbury, Stanly County, Thomas)

(Level 7- Altius, Clemmons, Cutting Edge, Diamond Peak, Energy, Envi, Gillette Elite, Greenville, Gymnastics Unitd, Kentucky, Langley, Powerhouse, Simsbury, Stanly County, Thomas, Zenith)

Session 13W- USAG Level 6

Open Stretch: 11:30 am

Awards: 3:00 pm

(Balance Point, Classic New Hope, Elite, Excel, GAC, GAC-West Ashley, North Valley, Olympia, Step Ahead, Taylor'ed, Ultimate Kids, Wichita)

Session 14W- USAG Xcel Gold

Open Stretch: 3:00 pm

Awards: 6:15 pm

(Crystal Coast, GAC-West Ashley, Illumination, Miss Libby's, Stanly County, Tapio, Thomas)

Teal Gym

Session 12T- USAG Level 7

Open Stretch: 8:00 am

Awards: 11:30 am

(Classic New Hope, Coastal, Element, Flying High, GAC, Gym Inc, Hope, Mountain, North Valley, Olympia, Prestige, Revolution, Rose's, Scamps)

Session 13T- USAG Level 6

Open Stretch: 11:30 am

Awards: 3:00 pm

(Carolina-SC, Charleston Twisters, Coastal, Gym Inc, Hope, Illumination, Matrolina, New Bern, Pinnacle, Revolution, Richmond Olympiad)

Session 14T- USAG Xcel Silver

Open Stretch: 3:00 pm

Awards: 6:15 pm

(Beach Team, Carolina-SC, Energy, Greenville, Hart, Rock Hill, Sandhills, Ultimate Kids)

Black Gym

Session 12B- USAG Level 7

Open Stretch: 8:00 am

Awards: 11:30 am

(Beach Team, Broderick, Cumberland, Dream Chasers, Elite, Hahn's, Metrolina, New Bern, Pinnacle, Positively, Richmond Olympiad, Rock Hill, Tristar, Ultimate Kids)

Session 13B- USAG Xcel Diamond

Open Stretch: 11:30 am

Awards: 3:00 pm

(Altius, Beach Team, Broderick, Classic New Hope, Crystal Coast, First In Flight, GAC, Greenville, Miss Libby's, North Valley, Pinnacle, Rock Hill, Sandhills, Stick It, Team Attraction, Tri-County, Twist 'n Flip, Yadkin Valley)

Session 14B- USAG Xcel Gold

Open Stretch: 3:00 pm

Awards: 6:45 pm

(Chalkettes, Element, Excel, Flex, GAC, Gym Inc, New Bern, Rose's)



Thursday, February 29th

visit
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White Gym

Session 1W- AAU Xcel Copper & Bronze
Open Stretch: 11:45 am

Awards: 2:45 pm

(Cooper- All Teams)

(Bronze- Airborne, Carolina-NC,
Cheraw, GAC, Hartsville, Miss Libby's,
New Bern, Rose's)

Session 2W- AAU Xcel Silver & Level 3

Open Stretch: 2:45 pm

Awards: 6:00 pm

(Level 3-All Teams)

(Silver- Balance Point, Carolina-NC,
Cheraw, CORE, Kidsport, New Bern,
Perfect Balance, Positively, Rose's)

Session 3W- AAU Xcel Silver

Open Stretch: 6:00 pm

Awards: 9:15 pm

(Airborne, Champions, Envi, GAC,
GAC-West Ashley, Hartsville, Mega,
Prestige, River City, Ross County,
Ultimate Kids)

Teal Gym

Session 1T- AAU Xcel Bronze & Levels 1 & 2

Open Stretch: 11:45 am

Awards: 2:30 pm

(Levels 1 & 2- All Teams)

(Bronze- Balance Point, Champions, CORE,
Envi, GAC-West Ashley, Kidsport,
Perfect Balance, River City, Ultimate Kids)

Session 2T- AAU Xcel Gold

Open Stretch: 2:30 pm

Awards: 6:00 pm

(Airborne, Champions, Envi, Hartsville, MEGA,
Prestige, River City, Ultimate Kids)

Session 3T- AAU Xcel Platinum, Diamond, &
Levels 6-10

Open Stretch: 6:00 pm

Awards: 9:15 pm

(All Teams)

Black Gym

Session 3B- AAU Xcel Gold

Open Stretch: 6:00 pm

Awards: 9:15 pm

(Balance Point, Carolina-NC, Cheraw,
CORE, Kidsport, New Bern,
Perfect Balance, Positively, Rose's)