

2022-2023 AAU Gymnastics Meet Schedule

Date	Meet Name	Location	Entry Fee	Team Fee	Meet Director
September 17, 2022	Team NC Training Camp	Carolina Flipz, Pineville	\$50/gymnast \$30/coach volunteer coaches bringing gymnasts= FREE	n/a	Jessica Harris ncaaugym@gmail.com 808-351-8358
October 22, 2022	AAU Judges Cup - Pretty in Pink	Harris YMCA, Charlotte	\$55		Elaine Roberts elaine.roberts@ymcacharlotte.org 704-661-7232
December 10-11, 2022	NC AAU East Qualifer	Rose's, Greenville	\$60	\$35	Jennifer Rainsburger rgtc@suddenlinkmail.com 352-428-8286
December 10-11, 2022	NC AAU West Qualifer	Hahn's Gymnastics, Asheville	\$60	\$35	Vicki Hahn Hahngymnastics@hotmail.com 828-329-9962
January 6-8, 2023	Rocky Mount Rumble Challenge	Thomas Gymnastics Park Expo Center, Charlotte	\$80	\$50	Garrett Murray & Sally Thomas tgmeetsupply@gmail.com 803-230-4024
January 6-8, 2023	The Gala	Harrah's, Asheville	\$85	\$50	Portia Propst portia.propst@gmail.com 336-242-8973
January 6-8, 2023	2023 Foothills Frostbite	Foothills, Hickory	\$85	\$45	Rebecca Bryant rbryant44@live.com 828-638-1688
January 6-8, 2023	The Carolina Cup	SGA, Mooresville	\$80	\$40	Mark Bonsky info@sgagymnastics.com 803-487-6691
January 27-29, 2023	Legends of the Smokies	New Vision, Franklin	\$80	\$55	Gary Knisley legendsofthesmokies@gmail.com 864-320-8602
January 27-29, 2023	Light it Up Classic	Central Carolina, Salisbury	\$75	\$45	Portia Propst portia.propst@gmail.com 336-242-8973
January 28-29, 2023	NC AAU West Qualifier	Everest, Cornelius	\$60	\$35	Amanda Hodgson meets@everest-gymnastics.com 704-948-1449
February 4-5, 2023	NC AAU East Qualifier	Element, Clayton	\$60	\$35	Melissa Stevens melissastevens674@gmail.com 919-359-6000

February 3-5, 2023	Greensboro Gym Invitational	Greensboro Convention Center, Greensboro			Sarah Myers sarah.myers@mac.com 336-516-6685
February 17-19, 2023	Lucky Charm Invitational	Legacy Elite, Concord	\$115	\$55	Melissa Ruffino missry214@gmail.com 704-604-2514
February 25-26, 2023	NC AAU East Qualifier	Dr. David's Episcopal School, Knightdale	\$75	\$35	Cris Fuller cris@knightdalegymnastics.com 919-630-6922
March 4-5, 2023	NC AAU West Qualifier	Harris YMCA, Charlotte	\$60	\$35	Elaine Roberts elaine.roberts@ymcacharlotte.org 704-661-7232
March 4-5, 2023	Stinger Challenge - AAU and USAG Invitational	Ultimate Team Training Center, Greensboro	\$85	\$40	Deb Brown deb@ultimate-kids.com 336-550-4111
March 10, 2023	KPAC CUP	Lawrence Joel Veterans Memorial Coliseum, Winston Salem	\$125 - \$140	\$60	Terri Roberston 704-996-5900 tjrob1518@gmail.com
March 25-26, 2023	NC AAU West Qualifier	Lake Norman YMCA, Cornelius	\$60	\$35	Amber Roland amber.roland@ymcacharlotte.org 919-247-3201
April 1-2, 2023	NC AAU Central Qualifier	Perfect Balance, Charlotte	\$60	\$35	Hannah Mulvihill hmulvihill@perfectbalancecharlotte.com 980-299-8445
April 1-2, 2023	NC AAU East Qualifier	Carolina Gymnastics Academy, Wilmington	\$60	\$35	Rebecca Bishop rbishop2@ec.rr.com 910-796-1896
April 29, 2023	AAU Training Camp	Carolina Flipz, Pineville	\$50		Angela Davis carolinaflipz@gmail.com 704-544-4511
May 6-7, 2023	AAU State Championship	Hickory Convention Center, Hickory hosted by: LR Productions & Foothills Gymnastics	\$85	\$40	Shawn Bryant- 828-302-4630 shawn@foothillsgym.com Melissa Ruffino- 704-604-2514 missry214@gmail.com
May 12-14, 2023	AAU South Regional Championship	Leconte Center, Pigeon Forge, TN	\$90	n/a	Jessica Counts info@regionalgymnasticschampionship.com 865-806-2819
June 29 - July 3, 2023	AAU National Championship	Orlando World Center Marriott, Orlando, FL	\$100	n/a	Debbie Capelotti 706-805-0682 dean.fallbrook.gymnastics@gmail.com