

NC AAU State Meet 2023

Hickory Convention Center

May 6, 2023 - May 7, 2023

Session 1A: Silver Adv 3

Saturday, May 6, 2023

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:25 AM

Session 1B: Gold Int & Nov, Adv 2

85 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:00 AM

Session 2A: Silver Int & Nov, Adv 4

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:45 AM

March In: 11:05 AM

Awards: 1:15 PM

Session 2B: Gold Adv 1

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:20 AM

March In: 11:40 AM

Awards: 1:45 PM

Session 3A: Silver Adv 2

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:35 PM

March In: 1:55 PM

Awards: 4:00 PM

Session 3B: Gold Elite 1, Diamond

44 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 2:05 PM
March In: 2:25 PM
Awards: 4:20 PM

Session 4A: Silver Adv 1

74 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 4:20 PM
March In: 4:40 PM
Awards: 6:50 PM

Session 4B: Bronze Int & Nov, Adv 3

90 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 4:40 PM
March In: 5:00 PM
Awards: 7:20 PM

Session 5A: Silver Elite 2

Sunday, May 7, 2023

52 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:00 AM

Session 5B: Bronze Adv 2

68 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:20 AM

Session 6A: Silver Elite 1

77 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 10:20 AM
March In: 10:40 AM
Awards: 12:55 PM

Session 6B: Bronze Adv 1

*72 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 10:45 AM
March In: 11:05 AM
Awards: 1:05 PM*

Session 7A: Platinum, Level 6, 7

*81 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 1:15 PM
March In: 1:35 PM
Awards: 5:15 PM*

Session 7B: Bronze Elite 2

*67 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 1:25 PM
March In: 1:45 PM
Awards: 3:35 PM*

Session 8B: Bronze Elite 1

*66 gymnasts
Format: Modified Capitol Cup
Open Stretch Begins: 3:55 PM
March In: 4:15 PM
Awards: 6:05 PM*