

## **2019 AAU Gymnastics National Championship**

ESPN Wide World of Sports June 13 - 16, 2019

www.aaugymnastics.org

#### June 13, 2019 Gym A Schedule

# Session A1 Xcel Bronze (76)

Born between 10/8/2011 - 1/1/2018

8:00 am - 8:20 am Stretch 8:20 am - 8:30 am Warm up 8:30 am - 11:00 am Compete Awards to follow

#### Session A2

Xcel Bronze (78)

Born between 7/28/2010 - 10/7/2011

11:00 am - 11:20 am Stretch 11:20 am - 11:30 am Warm up 11:30 am - 2:00 pm Compete Awards to follow

# Session A3 Xcel Bronze (74)

Born between 9/12/2009 - 7/27/2010

2:00 pm – 2:20 pm Stretch 2:20 pm – 2:30 pm Warm up 2:30 pm – 5:00 pm Compete Awards to follow

# Session A4 Xcel Bronze (75)

Born between **8/6/2008** – **9/11/2009** 

5:00 pm – 5:20 pm Stretch 5:20 pm – 5:30 pm Warm up 5:30 pm – 7:30 pm Compete Awards to follow

#### June 14, 2019 Gym A Schedule

#### Session A5

Xcel Bronze (74)

Born between 1/1/1990 - 8/5/2008

8:00 am - 8:20 am Stretch 8:20 am - 8:30 am Warm up 8:30 am - 11:00 am Compete Awards to follow

#### Session A6

Xcel Silver (86)

Born between 2/18/2010 - 1/1/2018

11:00 am - 11:20 am Stretch 11:20 am - 11:30 am Warm up 11:30 am - 2:00 pm Compete Awards to follow

#### Session A7

Xcel Silver (86)

Born between 6/9/2009 - 2/17/2010

HUGS ALL (3)

2:00 pm – 2:20 pm Stretch 2:20 pm – 2:30 pm Warm up 2:30 pm – 4:30 pm Compete Awards to follow

#### June 15, 2019 Gym A Schedule

#### Session A8

Xcel Silver (83)

Born between 9/26/2008 – 6/8/2009

8:00 am – 8:20 pm Stretch 8:20 am – 8:30 am Warm up 8:30 am – 11:00 am Compete Awards to follow

#### Session A9

Xcel Silver (83)

Born between 11/11/2007 - 9/25/2008

11:00 am – 11:20 am Stretch 11:20 am – 11:30 am Warm up 11:30 am – 2:00 pm Compete Awards to follow

#### Session A10 Xcel Silver (83)

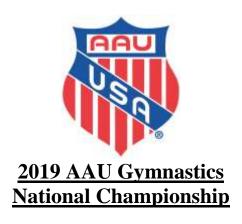
Born between 11/22/2006 - 11/10/2007

2:00 pm – 2:20 pm Stretch 2:20 pm – 2:30 pm Warm up 2:30 pm – 5:00 pm Compete Awards to follow

#### Session A11 Xcel Silver (89)

Born between 1/1/1990 - 11/21/2006

5:00 pm – 5:20 pm Stretch 5:20 pm – 5:30 pm Warm up 5:30 pm – 7:30 pm Compete Awards to follow



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## June 16, 2019 Gym A Schedule

Session A12 Level 6 (45)

Born between 9/3/2006 – 1/1/2018

8:00 am – 8:20 am Stretch 8:20 am – 8:30 am Warm up 8:30 am – 11:00 am Compete Awards to follow

> Session A13 Level 6 (41)

Born between 1/1/1990 - 9/2/2006

11:00 am – 11:20 am Stretch 11:20 am – 11:30 am Warm up 11:30 am – 2:00 pm Compete Awards to follow



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#### June 13, 2019 Gym B Schedule

#### Session B1 Xcel Gold (74)

Born between 2/21/2009 - 1/1/2018

8:00 am - 8:20 am Stretch 8:20 am - 8:30 am Warm up 8:30 am - 11:00 am Compete Awards to follow

# Session B2 Xcel Gold (71)

Born between 2/9/2008 – 2/20/2009

11:00 am – 11:20 am Stretch 11:20 am – 11:30 am Warm up 11:30 am – 2:00 pm Compete Awards to follow

#### Session B3 Xcel Gold (72)

Born between 4/24/2007 - 2/8/2008

2:00 pm – 2:20 pm Stretch 2:20 pm – 2:30 pm Warm up 2:30 pm – 5:00 pm Compete Awards to follow

#### Session B4 Xcel Gold (73)

Born between 9/5/2006 - 4/23/2007

5:00 pm – 5:20 pm Stretch 5:20 pm – 5:30 pm Warm up 5:30 pm – 8:00 pm Compete Awards to follow

#### June 14, 2019 Gym B Schedule

#### Session B5 Xcel Gold (75)

Born between 9/26/2005 - 9/4/2006

8:00 am - 8:20 am Stretch 8:20 am - 8:30 am Warm up 8:30 am - 11:00 am Compete Awards to follow

#### Session B6 Xcel Gold (74)

Born between 1/1/1990 - 9/25/2005

11:00 am – 11:20 am Stretch 11:25 am – 11:30 am Warm up 11:30 am – 2:00 pm Compete Awards to follow

#### Session B7 ACRO

2:00 pm - 2:20 pm Stretch/warmup 2:20 pm - 4:00 pm Compete Awards to follow

#### June 15, 2019 Gym B Schedule

#### Session B8

**Xcel Platinum (59)** 

Born between 11/23/2006 - 1/1/2018

8:00 am - 8:20 am Stretch 8:20 am - 8:30 am Warm up 8:30 am - 11:00 am Compete Awards to follow

#### Session B9 Xcel Platinum (58)

Born between 12/1/2004 - 11/22/2006

11:00 am - 11:20 am Stretch 11:20 am - 11:30 am Warm up 11:30 am - 2:00 pm Compete Awards to follow

#### Session B10

**Xcel Platinum (55)** 

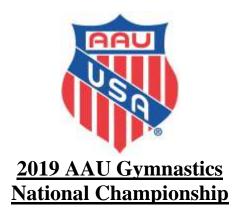
Born between 1/1/1990 - 11/30/2004

2:00 pm – 2:20 pm Stretch 2:20 pm – 2:30 pm Warm up 2:30 pm – 5:00 pm Compete Awards to follow

#### Session B11

Ladies ALL (30), Xcel Diamond ALL (40)

5:00 pm – 5:20 pm Stretch 5:20 pm – 5:30 pm Warm up 5:30 pm – 8:15 pm Compete Awards to follow



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### June 16, 2019 Gym B Schedule

Session B12 Level 7 ALL (52)

8:00 am - 8:20 am Stretch 8:20 am - 8:30 am Warm up 8:30 am - 11:00 am Compete Awards to follow

#### **Session B13**

Level 8 ALL OPEN ALL (57)

11:00 am – 11:20 am Stretch 11:20 am – 11:30 am Warm up 11:30 am – 2:00 pm Compete Awards to follow



## **2019 AAU Gymnastics National Championship**

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#### June 13, 2019 Gym C Schedule

#### Session C1 Level 1 (62)

Born between 1/27/2012 - 1/1/2018

8:00 am - 8:20 am Stretch 8:20 am - 8:30 am Warm up 8:30 am - 10:00 am Compete Awards to follow

#### Session C2 Level 1 (65)

Born between 8/3/2010 - 1/26/2012

10:00 am – 10:20 am Stretch 10:20 am – 10:30 am Warm up 10:30 am – 12:00 pm Compete Awards to follow

#### Session C3 Level 1 (63)

Born between 1/1/1990 - 8/2/2010

12:00 pm – 12:20 pm Stretch 12:20 pm – 12:30 pm Warm up 12:30 pm – 2:00 pm Compete Awards to follow

#### Session C4 Level 2 (73)

Born between 11/6/2010 - 1/1/2018

2:00 pm – 2:20 pm Stretch 2:20 pm – 2:30 pm Warm up 2:30 pm – 4:30 pm Compete Awards to follow

#### Session C5 Level 2 (68)

Born between 7/4/2009 - 11/5/2010

4:30 pm – 4:50 pm Stretch 4:50 pm – 5:00 pm Warm up 5:00 pm – 6:45 pm Compete Awards to follow

#### June 14, 2019 Gym C Schedule

#### Session C6 Level 2 (70)

Born between 1/1/1990 - 7/3/2009

8:30 am – 8:50 am Stretch 8:50 am – 9:00 am Warm up 9:00 am – 11:00 am Compete Awards to follow

#### Session C7 Level 3 (67)

Born between 1/8/2010 - 1/1/2018

11:00 am – 11:20 am Stretch 11:20 am – 11:30 am Warm up 11:30 am – 1:30 pm Compete Awards to follow

# Session C8 Level 3 (71)

Born between 8/15/2008 - 1/7/2010

1:30 pm – 1:50 pm Stretch 1:50 pm – 2:00 pm Warm up 2:00 pm – 4:00 pm Compete Awards to follow

#### June 15, 2019 Gym C Schedule

## Session C9

Level 3 (68)

Born between 1/1/1990 - 8/14/2008

9:00 am – 9:20 am Stretch 9:20 am – 9:30 am Warm up 9:30 am – 11:30 am Compete Awards to follow

#### Session C10 Level 4 (61)

Born between 8/12/2008 - 1/1/2018

11:30 am – 11:50 am Stretch 11:50 am – 12:00 pm Warm up 12:00 pm – 2:30 pm Compete Awards to follow

#### Session C11 Level 4 (63)

Level 4 (63)

Born between 11/14/2006 - 8/11/2008

2:30 pm – 2:50 pm Stretch 2:50 pm – 3:00 pm Warm up 3:00 pm – 5:30 pm Compete Awards to follow

## Session C12

Level 4 (23)

Born between 1/1/1990 – 11/13/2006 Level 5 ALL (29)

> 5:30 pm – 5:50 pm Stretch 5:50 pm – 6:00 pm Warm up 6:00 pm – 8:30 pm Compete Awards to follow Awards to follow