



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 (72)

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 (72)

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 (72)

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 (72)

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 (72)

Born between **1/1/1970 – 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 (80)

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 (80)

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 (79)

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 (81)

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 (80)

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 (80)

Born between **1/1/1970 – 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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Gym A Schedule

Session A12

Level 6 (43)

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 (43)

Born between **1/1/1970 – 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 (71)

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 (71)

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 (71)

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 A Schedule

Session B5 Xcel Gold (72)

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 (72)

Born between **1/1/1970 – 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 (55)

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 (55)

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 **1/1/1970 – 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 (25), Xcel Diamond ALL (39)

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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Gym B Schedule

Session B12
Level 7 ALL (51)

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 (58)

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 C Schedule**

**Session C1
Level 1 (61)**

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 (62)**

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 (62)**

Born between **1/1/1970 – 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 (68)**

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 (69)**

Born between **1/1/1970 – 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 (68)**

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 **1/1/1970 – 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 (60)**

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 (59)**

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 **1/1/1970 – 11/13/2006**

Level 5 ALL (27)
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