



**2023 AAU Wisconsin District  
Girls Gymnastics Championships  
National Qualifier  
Saturday April 29<sup>th</sup> – Sunday April 30<sup>th</sup> – 2023  
All Sessions have a Flight A & B**

**Event Location ~ Onalaska Omni Center 255 Riders Club Road, Onalaska WI 54650**

**SATURDAY April 29<sup>th</sup> Level 1, Xcel Bronze, Xcel Silver, Level 2, Level 3,  
Level 4 & Level 5  
Doors Open 7:45AM**

**SESSION 1 Level 1 & Xcel Bronze (75 Gymnasts)**

Open Stretch	8:00 AM	Clear Floor	8:15 AM
March In	8:25 AM	Competition	8:45 AM

**SESSION 2 Xcel Silver (74 Gymnasts)**

Open Stretch	10:45 AM	Clear Floor	11:00 AM
March In	11:05 AM	Competition	11:15 AM

**SESSION 3 Level 2 (80 Gymnasts)**

Open Stretch	1:35 PM	Clear Floor	1:40 PM
March In	1:50 PM	Competition	2:00 PM

**SESSION 4 Level 3 (81 Gymnasts)**

Open Stretch	4:15 PM	Clear Floor	4:30 PM
March In	4:40 PM	Competition	4:50 PM

**SESSION 5 Level 4 & Level 5 (45 Gymnasts)**

Open Stretch	7:00 PM	Clear Floor	7:15 PM
March In	7:25 PM	Competition	7:35 PM





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**Sunday April 30<sup>th</sup> Xcel Gold, Level 6, Level 7, Level 8, Open Optional,  
Xcel Platinum, Xcel Diamond  
Doors Open: 7:45AM**

**SESSION 6      Xcel Gold (93 Gymnasts)**

Open Stretch	8:00 AM	Clear Floor	8:15 AM
March In	8:25 AM	Competition	8:40 AM

**SESSION 7      Level 6, Level 7, & Level 8 (63 Gymnasts)**

Open Stretch	11:40 AM	Clear Floor	11:55 AM
March In	12:00 PM	Competition	12:10 PM

**SESSION 8      Open Optional, Xcel Platinum, & Xcel Diamond (61 Gymnasts)**

Open Stretch	3:15 PM	Clear Floor	3:30 PM
March In	3:40 PM	Competition	3:50 PM

