

2023 Dynamo March Madness Schedule

Dynamo Gymnastics

7212 West Hefner Rd.

Oklahoma City, Ok 73162

Ages as of March 19th, 2023.

Friday March 17th, 2023

USAG Level 3, 4, Bronze, Silver, Gold

Open Stretch 2:00pm

Competition 2:20pm

AAU Levels 4, 5, 6, 7, 8, Platinum, and Diamond

Open Stretch 5:45pm

Competition 6:00pm

Saturday March 18th, 2023

AAU Levels 1 and AAU Level 2 - Ages 5-6

Open Stretch 8:00am

Competition 8:15am

AAU Level 2 – Ages 7 and older

Open Stretch 11:15am

Competition 11:30am

AAU XCEL Bronze

Open Stretch 2:30pm

Competition 2:45pm

AAU XCEL Gold

Open Stretch 5:45pm

Competition 6:00pm

Sunday March 19th, 2023

AAU XCEL Silver

Open Stretch 8:00am

Competition 8:15am

AAU Level 3 (Ages 5-,6-, 7-, 8-, and 11-year-olds)

Open Stretch 11:30am

Competition 11:45am

AAU Level 3 (Ages 9, 10, and 12 and older)

Open Stretch 2:30pm

Competition 2:45pm