

Carolina Cup 2025

SGA @ Raleigh Convention Center

February 21, 2025 - February 23, 2025

Session 1: Silver Group 1

Friday, Feb 21, 2025

Clubs: AcroSport, Bull City Gymnastics, Excalibur Gymnastics, Fearless Athletics LLC, SGA Gymnastics, Stanly County Gymnastics, eNeRGy

Format: Modified Capitol Cup

Open Stretch Begins: 1:45 PM

March In: 2:05 PM

Awards: 4:05 PM

Session 2: Silver Group 2

Clubs: Bull City Gymnastics, Element Gymnastics, Excalibur Gymnastics, SGA Gymnastics, Team Attraction

Format: Modified Capitol Cup

Open Stretch Begins: 4:20 PM

March In: 4:40 PM

Awards: 6:40 PM

Session 3: Gold Group 1

Clubs: Bull City Gymnastics, Excalibur Gymnastics, Metropolitan Elite Gymnastics & Athletics-DC, SGA Gymnastics, Salem Gymnastics Center Ltd.

Format: Modified Capitol Cup

Open Stretch Begins: 6:55 PM

March In: 7:15 PM

Awards: 9:25 PM

Session 4: Level 4, 5 and Gold Group 2

Saturday, Feb 22, 2025

Clubs: AcroSport, Bull City Gymnastics, Central Carolina Gymnastics, Element Gymnastics, Metropolitan Elite Gymnastics & Athletics-DC, SGA Gymnastics, Salem Gymnastics Center Ltd., Stanly County Gymnastics, eNeRGy

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:35 AM

Session 5: Platinum

Clubs: AcroSport, Bull City Gymnastics, Central Carolina Gymnastics, Element Gymnastics, Excalibur Gymnastics, Fearless Athletics LLC, Metropolitan Elite Gymnastics & Athletics-DC, SGA Gymnastics, Salem Gymnastics Center Ltd., Stanly County Gymnastics, Team Attraction, eNeRGy

Format: Modified Capitol Cup

Open Stretch Begins: 10:50 AM

March In: 11:10 AM

Awards: 2:25 PM

Session 6: Diamond, Sapphire

Clubs: AcroSport, Bull City Gymnastics, Central Carolina Gymnastics, Element Gymnastics, Excalibur Gymnastics, Metropolitan Elite Gymnastics & Athletics-DC, SGA Gymnastics, Salem Gymnastics Center Ltd., Team Attraction

Format: Modified Capitol Cup

Open Stretch Begins: 2:40 PM

March In: 3:00 PM

Awards: 5:45 PM

Session 7: Level 8, 9 and 10

Clubs: Central Carolina Gymnastics, Fearless Athletics LLC, Lake Murray Gymnastics, Metropolitan Elite Gymnastics & Athletics-DC, SGA Gymnastics, Salem Gymnastics Center Ltd., Stanly County Gymnastics

Format: Modified Capitol Cup

Open Stretch Begins: 6:00 PM

March In: 6:20 PM

Awards: 9:35 PM

Session 8: Bronze

Sunday, Feb 23, 2025

Clubs: AcroSport, Bull City Gymnastics, Element Gymnastics, Excalibur Gymnastics, SGA Gymnastics, Team Attraction, eNeRGy

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:45 AM

Session 9: Level 6 and 7

Clubs: Fearless Athletics LLC, Lake Murray Gymnastics, Metropolitan Elite Gymnastics & Athletics-DC, SGA Gymnastics, Salem Gymnastics Center Ltd., Stanly County Gymnastics, eNeRGy

Format: Modified Capitol Cup

Open Stretch Begins: 11:00 AM

March In: 11:20 AM

Awards: 2:10 PM

Session 10: AAU Copper and Silver

Clubs: Core Gymnastics, Element Gymnastics (AAU), Peak Gymnastics, SGA

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 5:30 PM

Session 11: AAU Bronze, Gold and Platinum

Clubs: Core Gymnastics, Element Gymnastics (AAU), Peak Gymnastics, SGA

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 7:50 PM

