

The Gala 2025

Harrahs Cherokee Center, Asheville, NC

January 10, 2025 - January 12, 2025

Session 1P: Level 4, 5 and 7

Friday, Jan 10, 2025

Clubs: CORE Gymnastics, Choice Gymnastics, City of Goose Creek Gymnastics, Easley Gymnastics Training Center, Flight Athletic Academy, Foothills Gymnastics and Cheer Center, Gym Fit Sports Center, Gymnastics Unlimited, Kidsport Gymnastic Academy, Meadowview Gymnastics Academy, Metrolina Gymnastics, Olympia Gymnastics, Raleigh School of Gymnastics, Triumph Gymnastics, Upstate Gymnastic Center

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:00 AM

March In: 11:20 AM

Awards: 2:25 PM

Session 1S: Gold Group 1

Clubs: Cabarrus County Gymnastics, Central Carolina Gymnastics, Envi Gymnastics, Flip Force Gymnastics, Foothills Gymnastics and Cheer Center, Metrolina Gymnastics, Team Attraction, Top Notch Gymnastics, Triumph Gymnastics, eNeRGy

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:00 AM

March In: 11:20 AM

Awards: 1:30 PM

Session 2P: Level 6

Clubs: CORE Gymnastics, City of Goose Creek Gymnastics, Easley Gymnastics Training Center, Envi Gymnastics, Flip Force Gymnastics, Foothills Gymnastics and Cheer Center, Gymnastics Unlimited, Metrolina Gymnastics, Raleigh School of Gymnastics, Top Notch Gymnastics, Triumph Gymnastics, Upstate Gymnastic Center, eNeRGy

54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:40 PM

March In: 3:00 PM

Awards: 5:00 PM

Session 2S: Gold Group 2

Clubs: Choice Gymnastics, Easley Gymnastics Training Center, Flipstarz, Gym Fit Sports Center, KPAC, Kidsport Gymnastic Academy, Meadowview Gymnastics Academy, Raleigh School of Gymnastics, Upstate Gymnastic Center, Yadkin Valley Gymnastics Academy III

64 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:40 PM

March In: 3:00 PM

Awards: 5:15 PM

Session 3P: Diamonds

Clubs: Central Carolina Gymnastics, Flipstarz, KPAC, New Vision Gymnastics, Raleigh School of Gymnastics, Team Attraction, Top Notch Gymnastics, Triumph Gymnastics, Upstate Gymnastic Center

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:30 PM

March In: 5:50 PM

Awards: 8:50 PM

Session 3S: Level 2 and 3

Clubs: Easley Gymnastics Training Center, Envi Gymnastics, Flight Athletic Academy, Gym Fit Sports Center, Gymnastics Unlimited, New Vision Gymnastics

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:30 PM

March In: 5:50 PM

Awards: 7:50 PM

Session 4P: Platinum Group 1

Saturday, Jan 11, 2025

Clubs: Central Carolina Gymnastics, Choice Gymnastics, Easley Gymnastics Training Center, Flight Athletic Academy, Flipstarz, Meadowview Gymnastics Academy, Metrolina Gymnastics, Top Notch Gymnastics, Yadkin Valley Gymnastics Academy III, eNeRGy

56 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:55 AM

Session 4S: Bronze Group 1

Clubs: Foothills Gymnastics and Cheer Center, Gym Fit Sports Center, KPAC, Meadowview Gymnastics Academy, Raleigh School of Gymnastics, Team Attraction, Triumph Gymnastics

74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:40 AM

Session 5P: Platinum Group 2

Clubs: Foothills Gymnastics and Cheer Center, New Vision Gymnastics, Raleigh School of Gymnastics, Team Attraction, Triumph Gymnastics, Upstate Gymnastic Center

55 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 2:20 PM

Session 5S: Level 1, Bronze Group 2

Clubs: Easley Gymnastics Training Center, Flip Force Gymnastics, Kidsport Gymnastic Academy, Metrolina Gymnastics, New Vision Gymnastics, SGA Gymnastics, Top Notch

Gymnastics, Yadkin Valley Gymnastics Academy III

74 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:30 AM

Awards: 1:45 PM

Session 6P: Level 9, 10 and Sapphire

Clubs: Central Carolina Gymnastics, Easley Gymnastics Training Center, Envi Gymnastics, Flip Force Gymnastics, Flipstarz, Gymnastics Unlimited, KPAC, Meadowview Gymnastics Academy, Metrolina Gymnastics, New Vision Gymnastics, Olympia Gymnastics, Raleigh School of Gymnastics, Triumph Gymnastics, Upstate Gymnastic Center

47 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:35 PM

March In: 2:55 PM

Awards: 5:25 PM

Session 6S: Silver Group 1

Clubs: Easley Gymnastics Training Center, Flip Force Gymnastics, Foothills Gymnastics and Cheer Center, Kidsport Gymnastic Academy, Meadowview Gymnastics Academy, Team Attraction, Top Notch Gymnastics, Triumph Gymnastics

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:35 PM

March In: 2:55 PM

Awards: 5:35 PM

Session 7P: Level 8

Clubs: CORE Gymnastics, Central Carolina Gymnastics, Choice Gymnastics, Easley Gymnastics Training Center, Envi Gymnastics, Flip Force Gymnastics, Foothills Gymnastics and Cheer Center, Gymnastics Unlimited, KPAC, Kidsport Gymnastic Academy, Meadowview Gymnastics Academy, Metrolina Gymnastics, Raleigh School of Gymnastics, Top Notch Gymnastics, Triumph Gymnastics

32 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:50 PM

March In: 6:10 PM

Awards: 8:10 PM

Session 7S: Silver Group 2

Clubs: Cabarrus County Gymnastics, Gym Fit Sports Center, KPAC, Metrolina Gymnastics, Raleigh School of Gymnastics, SGA Gymnastics, Yadkin Valley Gymnastics Academy III

72 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:50 PM

March In: 6:10 PM

Awards: 8:45 PM

Session 8P: AAU Bronze (dob after 10/3/15)

Sunday, Jan 12, 2025

Clubs: Central Carolina Gymnastics Academy Of Lexington, Clemmons Gymnastics, East Tennessee Gymnastics, Hahn's Gymnastics, Olympia Gymnastics, Pharr Dream, River City Gymnastics, Sga Gymnastics, Vasi's International Gymnastics

50 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:10 AM

Session 8S: AAU Copper

Clubs: Clemmons Gymnastics, East Tennessee Gymnastics, Hahn's Gymnastics, Nc Fury Gymnastics, Olympia Gymnastics, Pharr Dream

54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:00 AM

Session 9P: AAU Bronze (dob before 10/3/15) and Boys

Clubs: Central Carolina Gymnastics Academy Of Lexington, Clemmons Gymnastics, East Tennessee Gymnastics, Olympia Gymnastics, Pharr Dream, River City Gymnastics, Sga Gymnastics, Top Notch Gymnastics, Vasi's International Gymnastics, Yadkin Valley Gymnastics Academy

46 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 12:25 PM

Session 9S: AAU Silver (dob after 9/10/14)

Clubs: Central Carolina Gymnastics Academy Of Lexington, Clemmons Gymnastics, East Tennessee Gymnastics, Envi Gymnastics, Flight Athletic Academy, Nc Fury Gymnastics, New Vision Gymnastics, Olympia Gymnastics, Pharr Dream, River City Gymnastics, Sga Gymnastics, Top Notch Gymnastics, Vasi's International Gymnastics, Yadkin Valley Gymnastics Academy

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 12:45 PM

Session 10P: AAU Gold (8 - 11 yrs) and Platinum

Clubs: Central Carolina Gymnastics Academy Of Lexington, Charlotte Gymnastics Academy, Clemmons Gymnastics, East Tennessee Gymnastics, Envi Gymnastics, New Vision Gymnastics, Olympia Gymnastics, Pharr Dream, River City Gymnastics, Top Notch Gymnastics, Vasi's International Gymnastics

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:00 PM

March In: 1:20 PM

Awards: 3:40 PM

Session 10S: AAU Silver (dob before 9/10/14)

Clubs: Central Carolina Gymnastics Academy Of Lexington, Clemmons Gymnastics, East Tennessee Gymnastics, Envi Gymnastics, Flight Athletic Academy, Nc Fury Gymnastics, New Vision Gymnastics, Olympia Gymnastics, Pharr Dream, River City Gymnastics, Sga Gymnastics, Top Notch Gymnastics, Vasi's International Gymnastics, Yadkin Valley Gymnastics Academy

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:00 PM

March In: 1:20 PM

Awards: 3:30 PM

Session 11P: AAU Gold (12 and older) and Diamond

Clubs: Central Carolina Gymnastics Academy Of Lexington, Charlotte Gymnastics Academy, Clemmons Gymnastics, East Tennessee Gymnastics, Envi Gymnastics, Flight Athletic Academy, New Vision Gymnastics, River City Gymnastics, Vasi's International Gymnastics

50 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:50 PM

March In: 4:10 PM

Awards: 6:20 PM