



The Carolina Cup 2025, Hosted by SGA Gymnastics

**February 21st-23rd
Raleigh Convention Center
500 South Salisbury Street, Raleigh, NC 27601**

Friday, February 21st

Session 1: Silver Group 1

Open Stretch: 1:45 PM

March in: 2:05 PM

Awards: 4:05 PM

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

Session 2: Silver Group 2

Open Stretch: 4:20 PM

March in: 4:40 PM

Awards: 6:40 PM

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

Session 3: Gold Group 1

Open Stretch: 6:55 PM

March in: 7:15 PM

Awards: 9:25 PM

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

Saturday, February 22nd

Session 4: Level 4, 5, and Gold Group 2

Open Stretch: 8:00 AM

March in: 8:20 AM

Awards: 10:35 AM

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

Session 5: Platinum

Open Stretch: 10:50 AM

March in: 11:10 AM

Awards: 2:25 PM

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 Gymnastics, eNeRGy

Session 6: Diamond, Sapphire

Open Stretch: 2:40 PM

March in: 3:00 PM

Awards: 5:45 PM

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 Gymnastics

Session 7: Level 8, 9 and 10

Open Stretch: 6:00 PM

March in: 6:20 PM

Awards: 9:35 PM

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

Sunday, February 23rd

Session 8: Bronze

Open Stretch: 8:00 AM

March in: 8:20 AM

Awards: 10:45 AM

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

Session 9: Level 6 and 7

Open Stretch: 11:00 AM

March in: 11:20 AM

Awards: 2:10 PM

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

Session 10: AAU Copper and Silver

Open Stretch: 2:25 PM

March in: 2:45 PM

Awards: 5:30 PM

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

Session 11: AAU Bronze, Gold and Platinum

Open Stretch: 5:45 PM

March in: 6:05 PM

Awards: 7:50 PM

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