

2026 NC L6-L10 State Championships

Raleigh School of Gymnastics

March 27, 2026 - March 29, 2026

Session: Session 1 - Level 6 (CHA, CHC, JRB, SRB)

Friday, Mar 27, 2026

L6 SRB (DOB 07/21/2012-03/28/2013)

L6 JRB (DOB 05/03/2014-09/15/2014)

L6 CHC (DOB 06/11/2015-11/23/2015)

L6 CHA (DOB 06/06/2016-06/21/2017)

67 gymnasts

Format: Capitol Cup

Open Stretch Begins: 11:00 AM

March In: 11:35 AM

Awards: 2:05 PM

Session: Session 2 - Level 6 (CHD, JRC, SRC, SRD)

L6 SRD (DOB on or before 12/07/2011)

L6 SRC (DOB 12/08/2011-07/20/2012)

L6 JRC (DOB 01/11/2014-05/02/2014)

L6 CHD (DOB 01/04/2015-06/10/2015)

69 gymnasts

Format: Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 3:00 PM

Awards: 5:30 PM

Session: Session 3 - Level 6 (CHB, JRA, JRD, SRA)

L6 SRA (DOB 03/29/2013-10/17/2013)

L6 JRD (DOB 10/18/2013-01/10/2014)

L6 JRA (DOB 09/16/2014-01/03/2015)

L6 CHB (DOB 11/24/2015-06/05/2016)

66 gymnasts

Format: Capitol Cup

Open Stretch Begins: 5:50 PM

March In: 6:25 PM

Awards: 8:55 PM

Session: Session 4 - Level 7 (CHA, CHB, JRA, SRC)

Saturday, Mar 28, 2026

L7 SRC (DOB on or before 01/25/2011)

L7 JRA (DOB 11/21/2013-05/17/2014)

L7 CHB (DOB 05/18/2014-01/06/2015)

L7 CHA (DOB 01/07/2015-12/15/2016)

65 gymnasts

Format: Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:35 AM

Awards: 10:50 AM

Session: Session 5 - Level 7 (JRB, JRC, SRA, SRB)

L7 SRB (DOB 01/26/2011-04/12/2012)

L7 SRA (DOB 04/13/2012-11/28/2012)

L7 JRC (DOB 11/29/2012-05/30/2013)

L7 JRB (DOB 05/31/2013-11/20/2013)

65 gymnasts

Format: Capitol Cup

Open Stretch Begins: 11:10 AM

March In: 11:45 AM

Awards: 2:00 PM

Session: Session 6 - Level 8 (JRA, JRB, SRB)

L8 SRB (DOB 11/06/2010-10/21/2011)

L8 JRB (DOB 07/08/2012-05/02/2013)

L8 JRA (DOB 05/03/2013-03/04/2014)

48 gymnasts

Format: Capitol Cup

Open Stretch Begins: 2:20 PM

March In: 2:55 PM

Awards: 5:20 PM

Session: Session 7 - Level 8 (CHA, SRA, SRC)

L8 SRC (DOB on or before 11/05/2010)

L8 SRA (DOB 10/22/2011-07/07/2012)

L8 CHA (DOB 03/05/2014-08/16/2016)

46 gymnasts

Format: Capitol Cup

Open Stretch Begins: 5:35 PM

March In: 6:10 PM

Awards: 8:35 PM

Session: Session 8 - Level 9 Olders

Sunday, Mar 29, 2026

L9 SRC (DOB on or before 09/09/2009)

L9 SRB (DOB 09/10/2009-09/01/2010)

L9 SRA (DOB 09/02/2010-07/03/2011)

56 gymnasts

Format: Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:35 AM

Awards: 11:25 AM

Session: Session 9 - Level 9 & 10 Youngers

L10 JRA (DOB 06/18/2010-03/26/2011)

L10 CHA (DOB 03/27/2011-04/30/2014)

L9 JRA (DOB 07/04/2011-07/05/2012)

L9 CHA (DOB 07/06/2012-09/15/2014)

63 gymnasts

Format: Capitol Cup

Open Stretch Begins: 11:35 AM

March In: 12:10 PM

Awards: 3:00 PM

Session: Session 10 - Level 10 Olders

L10 SRC (DOB on or before 06/18/2008)

L10 SRB (DOB 06/19/2008-05/12/2009)

L10 SRA (DOB 05/13/2009-06/17/2010)

56 gymnasts

Format: Capitol Cup

Open Stretch Begins: 3:10 PM

March In: 3:45 PM

Awards: 6:35 PM

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