

2023 Carolina Cup

January 6-8, 2023 | Raleigh Convention Center, 500 S Salisbury St, Raleigh, NC 27601

Hosted by SGA Gymnastics | (919) 917-5053 | info@sgagymnastics.com

Date	Session	Levels	Schedule	# Gymnasts
Saturday, 1/7/23	1	Lv 3-4 Xcel Silver (JrA/JrB)	Open Stretch 8:00 am March In 8:20 am Competition 8:30 am Awards 10:45 am	64
Saturday, 1/7/23	2	Lv 5-6	Open Stretch 11:00 am March In 11:20 am Competition 11:30 am Awards 1:20 pm	55
Saturday, 1/7/23	3	Lv 7 Xcel Diamond	Open Stretch 1:45 pm March In 2:05 pm Competition 2:15 pm Awards 5:15 pm	73
Saturday, 1/7/23	4	Lv 8-10	Open Stretch 5:30 pm March In 5:50 pm Competition 6:00 pm Awards 8:00 pm	50
Sunday, 1/8/23	5	Xcel Bronze	Open Stretch 8:00 am March In 8:20 am Competition 8:30 am Awards 10:30 am	78
Sunday, 1/8/23	6	Xcel Silver	Open Stretch 10:45 am March In 11:05 am Competition 11:15 am Awards 1:30 pm	70
Sunday, 1/8/23	7	Xcel Gold	Open Stretch 1:45 pm March In 2:05 pm Competition 2:15 pm Awards 4:55 pm	79
Sunday, 1/8/23	8	Xcel Platinum	Open Stretch 5:15 pm March In 5:35 pm Competition 5:45 pm Awards 7:45 pm	56