



2024 Carolina Cup

Jan 19-21 2024

Raleigh Convention Center, 500 S Salisbury St. Raleigh, NC 27601

Hosted By: SGA Gymnastics | (919) 917-5053 | Info@sgagymnastics.com

Friday January 19th, 2024

Session 1: Xcel Platinum and Xcel Diamond

Open Stretch: 2:30 PM

March in: 2:50 PM

Awards: 5:55 PM

(eNeRGy, Premier, Beach Team, Carolina Flipz, EGSC, Raleigh School, SGA, TAG, Triumph, UG)

Session 2: Xcel Platinum

Open Stretch: 6:10 PM

March In: 6:30 PM

Awards: 9:35 PM

(Premier, Beach Team, EGSC, Maverick Gymnastics, Raleigh School, SGA, PCG, Rose's, TAG, Triumph, UG)

Saturday January 20th, 2024

Session 3: Xcel Gold

Open Stretch: 8:00 AM

March In: 8:20 AM

Awards: 11:35 AM

(eNeRGy, Beach Team, SGA, Rose's, TAG, Triumph, UG)



Session 4: Xcel Gold
Open Stretch: 11:45 AM

March In: 12:05 PM

Awards: 2:50 PM

(Premier, EGSC, Maverick Gymnastics, Raleigh School, SGA, PCG)

Session 5: Level 4, 5, & 6
Open Stretch: 3:00 PM

March In: 3:20 PM

Awards: 6:15 PM

(eNeRGy, Premier, Carolina Flipz, EGSC, Mega-DC, Raleigh School, SGA, Triumph)

Session 6: Levels 9 & 10, XCEL Sapphire
Open Stretch: 6:25 PM

March In: 6:45 PM

Awards: 8:35 PM

(eNeRGy, Gymstrada, Beach Team, Maverick, MEGA-DC, Raleigh School, SGA, Rose's, Triumph, UG)

Sunday January 21st, 2024

Session 7: Levels 7 & 8
Open Stretch: 8:00 AM

March In: 8:20 AM

Awards: 11:25 AM

(Gymstrada, Premier, Beach Team, MEGA-DC, Raleigh School, SGA, PCG, Rose's, Triumph, UG)



Session 8: Level 2, Excel Silver & Bronze

Open Stretch: 11:35 AM

March In: 11:55 AM

Awards: 2:10 PM

(eNeRGy, Premier, Maverick, Raleigh School, SGA, PCG, Rose's, TAG,)

Session 9: Xcel Bronze

Open Stretch: 2:20 PM

March in: 2:40 PM

Awards: 5:05 PM

(eNeRGy, Beach Team, EGSC, Raleigh School, SGA, PCG, Rose's, Triumph, UG)

Session 10: Xcel Silver

Open Stretch: 5:15 PM

March In: 5:35 PM

Awards: 8:45 PM

(Premier, Beach Team, Carolina Flipz, EGSC, SGA, TAG, Triumph, UG)