

Rumble in Raleigh

Raleigh School of Gymnastics

March 1, 2024 - March 3, 2024

Session: Session 1- All L8, L9, L10 & SA

Friday, Mar 1, 2024

Clubs: Raleigh School Of Gymnastics, Salem Gymnastics, Stafford Royals, Traditional Gymnastics Inc., Unify Athletics, Unity Athletics

31 gymnasts

Format: Modified Traditional

Open Stretch Begins: 5:30 pm

March In: 5:50 pm

Awards: 7:30 pm

Session: Session 2- All L6 and L7

Saturday, Mar 2, 2024

Clubs: Peak Gymnastics Academy, Raleigh School Of Gymnastics, Salem Gymnastics, Stafford Royals, Unity Athletics, Wilson Parks And Recreation

55 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 am

March In: 8:20 am

Awards: 11:05 am

Session: Session 3- All Gold

Clubs: Bull City Gymnastics, Paragon Gymnastics, Peak Gymnastics Academy, Raleigh School Of Gymnastics, Salem Gymnastics, Stafford Royals, Traditional Gymnastics Inc., Unify Athletics, Unity Athletics, Wilson Parks And Recreation

96 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:50 am

March In: 12:10 pm

Awards: 3:55 pm

Session: Session 4- All Platinum & Diamond

Clubs: Paragon Gymnastics, Peak Gymnastics Academy, Raleigh School Of Gymnastics, Salem Gymnastics, Sparkle City Gymnastics, Stafford Royals, Unify Athletics, Unity Athletics

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:45 pm

March In: 5:05 pm

Awards: 8:30 pm

Session: Session 5- All Bronze

Sunday, Mar 3, 2024

Clubs: Bull City Gymnastics, Paragon Gymnastics, Peak Gymnastics Academy, Raleigh School Of Gymnastics, Sga Gymnastics, Stafford Royals, Traditional Gymnastics Inc., Unify Athletics, Unity Athletics

96 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 am

March In: 8:20 am

Awards: 11:20 am

Session: Session 6- Silver & All L3, L4

Clubs: Bull City Gymnastics, Raleigh School Of Gymnastics, Sga Gymnastics, Unity Athletics

59 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:05 pm

March In: 12:25 pm

Awards: 2:55 pm

Session: Session 7- Silver

Clubs: Paragon Gymnastics, Peak Gymnastics Academy, Stafford Royals, Traditional Gymnastics Inc., Unify Athletics, Unity Athletics, Wilson Parks And Recreation

52 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:40 pm

March In: 4:00 pm

Awards: 6:30 pm