

Rumble in Raleigh

Raleigh School of Gymnastics

February 28, 2025 - March 2, 2025

Session: Session 1- Gold

Friday, Feb 28, 2025

Clubs: Bull City Gymnastics, Empower Athletics, Gymcarolina Gymnastics, Morgan's Gymnastics, Oak City Gymnastics, Peak Gymnastics Academy, Raleigh School Of Gymnastics, Sandhills Gymnastics, Team Attraction Gymnastics
87 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:00 PM

March In: 5:20 PM

Awards: 8:18 PM

Session: Session 2- Sapphire & Diamond

Saturday, Mar 1, 2025

Clubs: Empower Athletics, Oak City Gymnastics, Peak Gymnastics Academy, Raleigh School Of Gymnastics, Sandhills Gymnastics, Team Attraction Gymnastics
54 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:45 AM

Session: Session 3- Platinum

Clubs: Empower Athletics, Gymcarolina Gymnastics, Oak City Gymnastics, Peak Gymnastics Academy, Raleigh School Of Gymnastics, Team Attraction Gymnastics
52 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 PM

Awards: 1:35 PM

Session: Session 4- Lvl, 8, 9, 10

Clubs: Bull City Gymnastics, Empower Athletics, Oak City Gymnastics, Raleigh School Of Gymnastics, Sandhills Gymnastics
36 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:05 PM

March In: 2:25 PM

Awards: 5:15 PM

Session: Session 5- Lvl 6 & 7

Clubs: Bull City Gymnastics, Empower Athletics, Raleigh School Of Gymnastics, Sandhills Gymnastics

34 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 8:15 PM

Session: Session 6- Bronze

Sunday, Mar 2, 2025

Clubs: Bull City Gymnastics, Gymcarolina Gymnastics, Morgan's Gymnastics, Sga Gymnastics, Youngs Gymnastics

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 9:45 AM

Session: Session 7- Bronze

Clubs: Empower Athletics, Gymcarolina Gymnastics, Peak Gymnastics Academy, Raleigh School Of Gymnastics, Sandhills Gymnastics

70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:15 AM

March In: 10:35 AM

Awards: 12:00 PM

Session: Session 8- Silver

Clubs: Empower Athletics, Gymcarolina Gymnastics, Morgan's Gymnastics, Oak City Gymnastics, Peak Gymnastics Academy,

Raleigh School Of Gymnastics

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 12:30 PM

March In: 12:50 PM

Awards: 3:10 PM

Session: Session 9- Silver

Clubs: Bull City Gymnastics, Gymcarolina Gymnastics, Sandhills Gymnastics, Sga Gymnastics

64 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:40 PM

March In: 4:00 PM

Awards: 6:15 PM