

2024 KPAC Cup

Rotation Schedule

Mar 8-10, 2024

Friday, March 8, 2024

Session: 01 -- AAU - CB/XB/XS

Open Warmup 1:45 PM
Introduction 2:00 PM

Warmup 2:10 PM
Awards 3:45 PM

Gymnasts: 58

Flight: A - 30

 11
KPAC - 11

 7
Olympia SC - 7

 5
Hahn's - 5

 7
KPAC - 7

Flight: B - 28

 6
NRGA - 6

 5
Olympia SC - 5

 10
NRGA - 10

 7
Positively Gymnastic - 7

Friday, March 8, 2024

Session: 02 -- AAU-XG/XP/XD/Lv 8

Open Warmup 3:55 PM
Introduction 4:15 PM

Warmup 4:25 PM
Awards 6:45 PM

Gymnasts: 27

 8
Positively Gymnastic - 8

 6
NRGA - 6

 6
Positively Gymnastic - 6

 7
Positively Gymnastic - 3
KPAC - 2
Olympia SC - 2

Friday, March 8, 2024

Session: 03 -- Diamond/Sapphire

Open Warmup 6:55 PM
Introduction 7:15 PM

Warmup 7:25 AM
Awards 9:35 PM

Gymnasts: 42

Flight: A - 22

 7
SodaCity - 7

 5
Central Carolina Gym - 5

 5
Olympia SC - 2
Sandhills Gymnastics - 3

 5
Central Carolina Gym - 4
FIF - 1

Flight: B - 20

 0

 8
Flipstarz - 8

 6
KPAC - 2
Southeastern - 4

 6
Carolina Flipz - 3
Unity - 2
Yadkin Valley - 1

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Saturday, March 9, 2024

Session: 04 -- Level 4/5/Platinum

Open Warmup 8:00 AM
Introduction 8:20 AM

Warmup 8:30 AM
Awards 11:25 AM

Gymnasts: 81

Flight: A - 40



10

Dreams - 3
NVG - 7



11

Carolina Flipz - 2
Gym-Fit - 4
SEGC - 5



7

Flip Force NC - 1
NVG - 6



12

SodaCity - 10
Unity - 2

Flight: B - 41



11

FIF - 6
Sandhills Gymnastics - 5



10

KPAC - 2
Metrolina Gymnastics - 8



11

Flipstarz - 5
Yadkin Valley - 6



9

Southeastern - 9

Saturday, March 9, 2024

Session: 05 -- Level 6/7

Open Warmup 11:40 AM
Introduction 12:00 PM

Warmup 12:10 PM
Awards 3:24 PM

Gymnasts: 83

Flight: A - 41



10

SodaCity - 10



12

Metrolina Gymnastics - 12



10

CORE Gymnastics - 2
MBG - 8



9

Flip Force NC - 7
Olympia SC - 2

Flight: B - 42



10

Dreams - 2
Dreams Gym - 3
Gym-Fit - 3
SEGC - 2



9

Unity - 9



12

Carolina Flipz - 12



11

Bull City Gymnastics - 11

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Saturday, March 9, 2024

Session: 06 -- Level 8

Open Warmup 3:40 PM
Introduction 4:00 PM

Warmup 4:10 PM
Awards 6:10 PM

Gymnasts: 51

Flight: A - 26



6

NVG - 3
SodaCity - 3



6

CORE Gymnastics - 2
Ocean Flippers - 4



8

Bull City Gymnastics - 8



6

Ocean Flippers - 5
Olympia SC - 1

Flight: B - 25



7

KPAC - 7



6

MBG - 6



6

Dreams - 1
Dreams Gym - 4
Yadkin Valley - 1



6

Flip Force NC - 3
Metrolina Gymnastics - 2
Unity - 1

Saturday, March 9, 2024

Session: 07 -- Level 9/10

Open Warmup 6:25 PM
Introduction 6:45 PM

Warmup 7:05 PM
Awards 9:30 PM

Gymnasts: 53

Flight: A - 32



10

Bull City Gymnastics - 10



7

MBG - 7



6

Bull City Gymnastics - 2
Flip Force NC - 1
Gym-Fit - 2
Unity - 1



9

MBG - 9

Flight: B - 21



0

SodaCity - 10



5

Sandhills Gymnastics - 3
SodaCity - 2



9

Ocean Flippers - 9



7

KPAC - 7

Sunday, March 10, 2024

Session: 08 -- Lv 1/2/3 (Mod.Trad)

Open Warmup 8:00 AM
Introduction 8:15 AM

Warmup 8:25 AM
Awards 10:25 AM

Gymnasts: 40



10

SodaCity - 10



9

NVG - 9



9

Dreams - 1
SodaCity - 8



12

Gym-Fit - 7
Unity - 5

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Sunday, March 10, 2024

Session: 09 -- Xcel Bronze

Open Warmup 10:35 AM
Introduction 10:50 AM

Warmup 11:00 AM
Awards 1:00 PM

Gymnasts: 79

Flight: A - 40			
 <u>8</u> Bull City Gymnastics - 8	 <u>11</u> Unity - 11	 <u>9</u> Bull City Gymnastics - 9	 <u>12</u> Gym-Fit - 12
Flight: B - 39			
 <u>11</u> SEGC - 4 TLC Gymnastics - 7	 <u>9</u> SodaCity - 9	 <u>9</u> KPAC - 9	 <u>10</u> FIF - 7 Flip Force NC - 3

Sunday, March 10, 2024

Session: 10 -- Xcel Silver

Open Warmup 1:10 PM
Introduction 1:25 PM

Warmup 1:35 PM
Awards 4:10 PM

Gymnasts: 93

Flight: A - 47			
 <u>11</u> FIF - 7 Gym-Fit - 4	 <u>12</u> KPAC - 9 Unity - 3	 <u>11</u> FIF - 7 TLC Gymnastics - 4	 <u>13</u> Bull City Gymnastics - 13
Flight: B - 46			
 <u>13</u> SodaCity - 13	 <u>12</u> Flip Force NC - 6 SEGC - 6	 <u>12</u> Carolina Flipz - 8 Olympia SC - 4	 <u>9</u> Yadkin Valley - 9

Sunday, March 10, 2024

Session: 11 -- Xcel Gold

Open Warmup 4:25 PM
Introduction 4:45 PM

Warmup 4:55 PM
Awards 7:25 PM

Gymnasts: 85

Flight: A - 43			
 <u>10</u> KPAC - 3 Sandhills Gymnastics - 7	 <u>10</u> SodaCity - 7 Unity - 3	 <u>11</u> Gym-Fit - 4 Sandhills Gymnastics - 7	 <u>12</u> Southeastern - 6 Yadkin Valley - 6
Flight: B - 42			
 <u>12</u> Flip Force NC - 12	 <u>11</u> Metrolina Gymnastics - 11	 <u>10</u> FIF - 10	 <u>9</u> Bull City Gymnastics - 8 SEGC - 1