

2024 NC Gold, Platinum, Diamond and Sapphire State Meet

**Rose's Gymnastics at
Greenville, NC Convention Center**

April 12, 2024 - April 14, 2024

Session 1: Sapphires, Diamond Jr, Sr A

Friday, Apr 12, 2024

All_Sapphire (all ages)

Diam Sr A (DOB 12/27/2008-02/16/2010)

Diam Jr (DOB 02/17/2010-11/26/2012)

61 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:00 PM

March In: 1:20 PM

Awards: 4:40 PM

Session 2: Diamond SrB, SrC, SrD

Sr D (DOB on or before 09/26/2006)

Sr C (DOB 09/27/2006-09/07/2007)

Sr B (DOB 09/08/2007-12/26/2008)

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:00 PM

March In: 5:20 PM

Awards: 8:40 PM

Session 3: Platinum Ch, JrA, JrB, JrC

Saturday, Apr 13, 2024

Jr C (DOB 06/29/2011-10/28/2011)

Jr B (DOB 10/29/2011-03/30/2012)

Jr A (DOB 03/31/2012-12/10/2012)

Ch (DOB 12/11/2012-04/21/2015)

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:10 AM

Session 4: Platinum JrD, SrA, SrB, SrC

Sr C (DOB 01/09/2010-06/22/2010)
Sr B (DOB 06/23/2010-09/22/2010)
Sr A (DOB 09/23/2010-02/16/2011)
Jr D (DOB 02/17/2011-06/28/2011)

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:25 AM

March In: 11:45 AM

Awards: 2:35 PM

Session 5: Platinum SrD, SrE, SrF, SrG

Sr G (DOB on or before 02/11/2008)
Sr F (DOB 02/12/2008-12/10/2008)
Sr E (DOB 12/11/2008-06/24/2009)
Sr D (DOB 06/25/2009-01/08/2010)

68 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:50 PM

March In: 3:10 PM

Awards: 6:00 PM

Session 6: Gold ChA, ChB, ChC, ChD, ChE

Ch E (DOB 01/30/2014-05/15/2014)
Ch D (DOB 05/16/2014-08/12/2014)
Ch C (DOB 08/13/2014-11/05/2014)
Ch B (DOB 11/06/2014-04/26/2015)
Ch A (DOB 04/27/2015-12/15/2016)

83 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:15 PM

March In: 6:35 PM

Awards: 9:25 PM

Session 7: Gold Jr A, JrB, JrC, JrD, JrE

Sunday, Apr 14, 2024

Jr E (DOB 03/20/2013-05/12/2013)
Jr D (DOB 05/13/2013-07/22/2013)
Jr C (DOB 07/23/2013-09/13/2013)
Jr B (DOB 09/14/2013-11/17/2013)
Jr A (DOB 11/18/2013-01/29/2014)

82 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:00 AM

Session 8: Gold JrF, JrG, JrH, JrI, JrJ

Jr J (DOB 06/09/2012-07/27/2012)

Jr I (DOB 07/28/2012-09/11/2012)

Jr H (DOB 09/12/2012-11/02/2012)

Jr G (DOB 11/03/2012-01/10/2013)

Jr F (DOB 01/11/2013-03/19/2013)

82 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:15 AM

March In: 11:35 AM

Awards: 2:15 PM

Session 9: Gold SrA, SrB, SrC, SrD, SrE

Sr E (DOB 05/02/2011-07/28/2011)

Sr D (DOB 07/29/2011-10/13/2011)

Sr C (DOB 10/14/2011-12/26/2011)

Sr B (DOB 12/27/2011-03/27/2012)

Sr A (DOB 03/28/2012-06/08/2012)

84 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:30 PM

March In: 2:50 PM

Awards: 5:30 PM

Session 10: Gold SrF, SrG, SrH, SrI, SrJ

Sr J (DOB on or before 11/22/2009)

Sr I (DOB 11/23/2009-06/08/2010)

Sr H (DOB 06/09/2010-11/23/2010)

Sr G (DOB 11/24/2010-02/04/2011)

Sr F (DOB 02/05/2011-05/01/2011)

84 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:45 PM

March In: 6:05 PM

Awards: 8:50 PM