

Rise to Glory 2025

LR Productions @ Knoxville Convention Center

December 5, 2025 - December 6, 2025

Session 1: Levels 4,6,7,8,9, Gold, Platinum, Sapphire

Friday, Dec 5, 2025

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:30 PM

March In: 6:50 PM

Awards: 9:30 PM

Session 2: Bronze, Silver and Level 3

Saturday, Dec 6, 2025

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:25 AM

Session 3: NGA 1N, 2N, SN, 3N

56 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:55 AM

March In: 11:15 AM

Awards: 1:25 PM

Session 4: NGA 4N, GN, PN

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:45 PM

March In: 2:05 PM

Awards: 5:05 PM

Session 5: NGA 5N, 6N, 7N, 8N, DN, 9N

51 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:25 PM

March In: 5:45 PM

Awards: 8:30 PM