

Forever Our Legacy - Greenville, SC

LR Productions

January 31, 2026 - February 1, 2026

Session 1. AAU Copper, Bronze, Level 1

Saturday, Jan 31, 2026

66 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:20 AM

Session 2. AAU Silver, Gold, Platinum

64 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:40 AM

March In: 11:00 AM

Awards: 1:10 PM

Session 3. Level 1,2,3,4 and Bronze

55 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:30 PM

March In: 1:50 PM

Awards: 3:30 PM

Session 4. Silver, Gold

63 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 3:50 PM

March In: 4:10 PM

Awards: 6:20 PM

Session 5. Levels 6-10, Platinum, Diamond, Sapphire

39 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:40 PM

March In: 7:00 PM

Awards: 9:40 PM

Session 6. NGA 1N, 2N, SN

Sunday, Feb 1, 2026

71 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:30 AM

Session 7. NGA 3N, 4N, 5N

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:50 AM

March In: 11:10 AM

Awards: 1:55 PM

Session 8. NGA GN, PN

70 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:15 PM

March In: 2:35 PM

Awards: 5:30 PM

Session 9. NGA 6N, 7N, 8N, DN, 9N, 10N

47 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:50 PM

March In: 6:10 PM

Awards: 9:10 PM

