

The Gala 2026

Harrahs Cherokee Center - Asheville

January 9, 2026 - January 11, 2026

Session 1A: Platinum Group 1

Friday, Jan 9, 2026

Clubs: Foothills Gymnastics and Cheer Center, Hahn's Gymnastics LLC, High Point Gymnastics Academy, Meadowview Gymnastics Academy, Raleigh School of Gymnastics, Stafford Gymnastics Center, Triumph Gymnastics, Yadkin Valley Gymnastics Academy III

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:05 AM

Session 1B: Gold Group 1

Clubs: Cabarrus County Gymnastics, Easley Gymnastics Training Center, Gymnastics Inc., Metrolina Gymnastics, Morgan's Gymnastics Academy, Oconee Gymnastics Center, SGA Gymnastics, Southeastern Gymnastics Center, Top Notch Gymnastics

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:10 AM

Session 2A: Platinum Group 2

Clubs: Central Carolina Gymnastics, Clemmons Gymnastics Center, Easley Gymnastics Training Center, Metrolina Gymnastics, Morgan's Gymnastics Academy, Oconee Gymnastics Center, Rose's Gymnastics Training Center, SGA Gymnastics, Southeastern Gymnastics Center, Top Notch Gymnastics, Upstate Gymnastic Center

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:25 AM

March In: 11:45 AM

Awards: 2:40 PM

Session 2B: Gold Group 2, Level 4

Clubs: Clemmons Gymnastics Center, Easley Gymnastics Training Center, Flip Force Gymnastics, Greeneville Gymnastics Academy, Gymnastics Inc., Rose's Gymnastics Training Center, Stafford Gymnastics Center, Triumph Gymnastics, Upstate Gymnastic Center, Yadkin Valley Gymnastics Academy III

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:25 AM

March In: 11:45 AM

Awards: 2:40 PM

Session 3A: Level 6

Clubs: Clemmons Gymnastics Center, Easley Gymnastics Training Center, Flip Force Gymnastics, Greeneville Gymnastics Academy, Gymnastics Inc., Metrolina Gymnastics, Morgan's Gymnastics Academy, Oconee Gymnastics Center, Olympia Gymnastics, Raleigh School of Gymnastics, Rock Solid Gymnastics, Rose's Gymnastics Training

Center, Stafford Gymnastics Center, Top Notch Gymnastics, Upstate Gymnastic Center, Yadkin Valley Gymnastics Academy III

78 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:55 PM

March In: 3:15 PM

Awards: 6:05 PM

Session 3B: Gold Group 3

Clubs: Foothills Gymnastics and Cheer Center, Hahn's Gymnastics LLC, High Point Gymnastics Academy, KPAC, Meadowview Gymnastics Academy, Raleigh School of Gymnastics, Stafford Gymnastics Center

82 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:55 PM

March In: 3:15 PM

Awards: 6:00 PM

Session 4A: Level 7

Clubs: Clemmons Gymnastics Center, Easley Gymnastics Training Center, Flip Force Gymnastics, Foothills Gymnastics and Cheer Center, Greeneville Gymnastics Academy, Gymnastics Inc., KPAC, Meadowview Gymnastics Academy, Metrolina Gymnastics, Oconee Gymnastics Center, Raleigh School of Gymnastics, Rock Solid Gymnastics, Rose's Gymnastics Training Center, Stafford Gymnastics Center, Triumph Gymnastics, Upstate Gymnastic Center

57 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:20 PM

March In: 6:40 PM

Awards: 9:25 PM

Session 4B: Diamonds

Clubs: Central Carolina Gymnastics, Easley Gymnastics Training Center, Hahn's Gymnastics LLC, KPAC, Raleigh School of Gymnastics, Rose's Gymnastics Training Center, SGA Gymnastics, Southeastern Gymnastics Center, Stafford Gymnastics Center, Top Notch Gymnastics, Triumph Gymnastics, Upstate Gymnastic Center

62 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 6:20 PM

March In: 6:40 PM

Awards: 9:25 PM

Session 5A: Silver Group 1

Saturday, Jan 10, 2026

Clubs: Foothills Gymnastics and Cheer Center, High Point Gymnastics Academy, Metrolina Gymnastics, Raleigh School of Gymnastics, SGA Gymnastics, Top Notch Gymnastics, Triumph Gymnastics

84 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 11:00 AM

Session 5B: Level 2 ,3, Bronze Group 1

Clubs: Easley Gymnastics Training Center, Foothills Gymnastics and Cheer Center, Gym Fit Sports Center, Morgan's Gymnastics Academy, Stafford Gymnastics Center, Triumph Gymnastics, Upstate Gymnastic Center

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:50 AM

Session 6A: Silver Group 2

Clubs: Easley Gymnastics Training Center, Greeneville Gymnastics Academy, Gymnastics Inc., Meadowview Gymnastics Academy, SGA Gymnastics, Southeastern Gymnastics Center

75 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:20 AM

March In: 11:40 AM

Awards: 2:10 PM

Session 6B: Bronze Group 2

Clubs: Gymnastics Inc., Meadowview Gymnastics Academy, Raleigh School of Gymnastics, Rose's Gymnastics Training Center, SGA Gymnastics, Southeastern Gymnastics Center, Yadkin Valley Gymnastics Academy III

76 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 11:20 AM

March In: 11:40 AM

Awards: 1:50 PM

Session 7A: L9, 10 and Sapphire

Clubs: Central Carolina Gymnastics, Easley Gymnastics Training Center, Foothills Gymnastics and Cheer Center, Gymnastics Inc., Hahn's Gymnastics LLC, KPAC, Metrolina Gymnastics, Morgan's Gymnastics Academy, Oconee

Gymnastics Center, Olympia Gymnastics, Raleigh School of Gymnastics, Rose's Gymnastics Training Center, SGA Gymnastics, Triumph Gymnastics, Upstate Gymnastic Center, Yadkin Valley Gymnastics Academy III

46 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 5:10 PM

Session 7B: Bronze Group 3

Clubs: Easley Gymnastics Training Center, Flip Force Gymnastics, High Point Gymnastics Academy, Metrolina Gymnastics, SGA Gymnastics, Southeastern Gymnastics Center, Stafford Gymnastics Center, Top Notch Gymnastics

79 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 2:25 PM

March In: 2:45 PM

Awards: 5:00 PM

Session 8A: Level 8

Clubs: Clemmons Gymnastics Center, Easley Gymnastics Training Center, Foothills Gymnastics and Cheer Center, KPAC, Meadowview Gymnastics Academy, Metrolina Gymnastics, Morgan's Gymnastics Academy, Olympia Gymnastics, Raleigh School of Gymnastics, Rose's Gymnastics Training Center, Stafford Gymnastics Center, Top Notch Gymnastics, Triumph Gymnastics

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:25 PM

March In: 5:45 PM

Awards: 8:15 PM

Session 8B: Silver Group 3

Clubs: Cabarrus County Gymnastics, Flip Force Gymnastics, Gym Fit Sports Center, Gymnastics Inc., Morgan's Gymnastics Academy, Rose's Gymnastics Training Center, SGA Gymnastics, Stafford Gymnastics Center

73 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 5:25 PM

March In: 5:45 PM

Awards: 8:15 PM

Session 9A: AAU Br (dob after 5/24/16)

Sunday, Jan 11, 2026

Clubs: Clemmons Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Hahn's Gymnastics, Nc Fury Gymnastics, New River Gymnastics Academy, Olympia Gymnastics, Rose's Gymnastics Training Center, Sga Gymnastics, Starsteps Gymnastics Center, Top Notch Gymnastics, Upstate Gymnastics

92 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:40 AM

Session 9B: AAU Copper, Platinum, Diamonds, Boys 4x4

Clubs: Everest Gymnastics Aau, Flying High Academy Of Mooresville, Hahn's Gymnastics, Nc Fury Gymnastics, New River Gymnastics Academy, Rose's Gymnastics Training Center, Sga Gymnastics, Starsteps Gymnastics Center, Yadkin Valley Gymnastics Academy

72 gymnasts

*Format: Modified Capitol Cup
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:35 AM*

Session 10A: AAU Br (dob before 5/24/16)

Clubs: Clemmons Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Hahn's Gymnastics, Nc Fury Gymnastics, New River Gymnastics Academy, Olympia Gymnastics, Rose's Gymnastics Training Center, SGA Gymnastics, Sga Gymnastics, Starsteps Gymnastics Center, Top Notch Gymnastics, Yadkin Valley Gymnastics Academy

88 gymnasts

*Format: Modified Capitol Cup
Open Stretch Begins: 10:55 AM
March In: 11:15 AM
Awards: 1:40 PM*

Session 10B: AAU Silver (dob after 5/5/15)

Clubs: Clemmons Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Hahn's Gymnastics, Morgan's Gymnastics Academy, Nc Fury Gymnastics, New River Gymnastics Academy, New Vision Gymnastics, Oconee Gymnastics, Olympia Gymnastics, Sga Gymnastics, Starsteps Gymnastics Center, Top Notch Gymnastics, Upstate Gymnastics

77 gymnasts

*Format: Modified Capitol Cup
Open Stretch Begins: 10:55 AM
March In: 11:15 AM
Awards: 1:30 PM*

Session 11A: AAU Gold

Clubs: Clemmons Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Nc Fury Gymnastics, New River Gymnastics Academy, New Vision Gymnastics, Olympia Gymnastics, Rose's Gymnastics Training Center, Sga Gymnastics, Starsteps Gymnastics Center, Top Notch Gymnastics, Upstate Gymnastics, Yadkin Valley Gymnastics Academy

85 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:55 PM

March In: 2:15 PM

Awards: 4:45 PM

Session 11B: AAU Silver (dob on or before 5/5/15)

Clubs: Clemmons Gymnastics, Everest Gymnastics Aau, Flying High Academy Of Mooresville, Hahn's Gymnastics, Morgan's Gymnastics Academy, Nc Fury Gymnastics, New River Gymnastics Academy, New Vision Gymnastics, Oconee Gymnastics, Olympia Gymnastics, Rose's Gymnastics Training Center, SGA Gymnastics, Sga Gymnastics, Starsteps Gymnastics Center, Top Notch Gymnastics, Upstate Gymnastics, Yadkin Valley Gymnastics Academy

82 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:55 PM

March In: 2:15 PM

Awards: 4:35 PM