



Competition Schedule – Updated 2/24/2026

Hickory Metro Convention Center
1960 13th Ave Dr. SE * Hickory NC 28602

Please arrive at least 30 minutes before the scheduled start time to accommodate the possibility of an earlier session start.

Friday, March 13, 2026
<i>Pink Gym – Modified Capital Cup</i>
Session 1 – USAG Level 2/Xcel Bronze 1:00 PM – 3:15 PM
Session 2 – USAG Level 3/Xcel Silver 3:25 PM – 5:40 PM
Session 3 – USAG Xcel Gold 5:50 PM – 9:15 PM
Saturday, March 14, 2026
Session 4 – USAG Level 4/5/Xcel Platinum 8:00 – 11:15 AM
Session 5 – USAG Level 6/7/Xcel Sapphire 11:25 AM – 2:20 PM
Session 6- USAG Level 8/9/10/Xcel Diamond 2:30 PM – 5:40 PM
Session 7 – AAU Xcel Gold/Platinum/Diamond (All Div.) 5:50 PM – 9:10 PM
Sunday, March 15, 2026
Session 8 – AAU Copper (All Div.)/Bronze (Elite Div.) 8:00 AM – 11:05 AM
Session 9 – AAU Bronze (Novice/Advanced Div.) 11:15 AM – 2:20 PM
Session 10 – AAU Xcel Silver (Advanced Div.) 2:30 PM – 4:45 PM
Session 11 – AAU Xcel Silver (Novice/Elite Div.) 5:00 PM – 7:20 PM

The AAU divisions are now set based on the information from the NC AAU Board.

Divisions will be locked for scheduling purposes. If an AAU athlete scores out of division in a competition prior to KPAC Cup, the athlete will still compete in the division based on their division listed on 2025-2025 NC AAU Competitors & Divisions dated 2/24/2026.

For out of state athletes or NC athletes that do not have an established division will be placed in the Novice division. If you feel that your athlete should be in a higher division the criteria is the following (Only applies to AAU Xcel Copper/Bronze/Silver/Gold):

Novice – up to 34.975 Advanced – 35.0-36.975 Elite – 37.0 & up