



Tentative Competition Schedule – Updated 2/18/2025

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

<i>Friday, March 14, 2025</i>
<i>Pink Gym – Modified Capital Cup</i>
Session 1P – USAG Level 2/Xcel Bronze 11:45 - 1:30 PM
Session 2P – USAG Level 3/Xcel Silver 1:45 PM – 4:15 PM
Session 3P – USAG Level 4/Xcel Gold (<i>XG Teams: Bull City, Everest, Flip Force, Hillsborough, Salem</i>) 4:30 – 7:00 PM
Session 4P – USAG Xcel Gold (<i>ASG, Enso Elite, HIGA, KPAC, Ring, SGA, Blue Ridge</i>) 7:10 – 9:35 PM
<i>Saturday, March 15, 2025</i>
Session 5P – Level 6/7 8:00 – 11:35 AM
Session 6P – Level 8/Xcel Sapphire 11:45 – 2:10 PM
<i>Session 7P - Level 9/Level 10</i> 2:25 – 5:10 PM
Session 8P – Xcel Platinum/Diamond 5:20 – 8:55 PM
<i>Sunday, March 16, 2025</i>
Session 9P – AAU Copper 8:00 – 10:00 AM
Session 10P – AAU Bronze/Silver (<i>XS - Birthdays between (11/28/2015-1/1/2019)</i>) 10:10 – 1:00 PM
Session 11P – AAU Xcel Silver (<i>XS - Birthdays between 1/1/2011-11/27/2015</i>) 1:15 – 4:10 PM
Session 12P – AAU Xcel Gold 4:15 – 7:15 PM
Session 13P – AAU Platinum/Diamond/Sapphire (Modified Traditional) 7:20 – 9:45 PM

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