

2019 KPAC Cup HOPES/Elite Qualifier and Invitational Schedule



March 7-10
Bojangles Arena
Pink Gym

See Session Assignments for all Sessions

Thursday, March 7th

Session 1A Compulsory Elite

(See Session Assignments)

3:00-3:20 Open Stretch
3:20-3:25 March in
3:25-6:00 Competition

Session 2A Compulsory Elite

(See Session Assignments)

6:00-6:20 Open Stretch
6:20-6:25 March in
6:25-9:00 Competition

Friday, March 8th

Session 3A Elite/HOPES Optional Qualifier

(See Session Assignments)

9:00-9:20 Open stretch
9:20-10:35 Event warmup
10:35-10:40 March in
10:40-1:10 Competition

Session 4A Elite/HOPES Optional Qualifier

(See Session Assignments)

1:30-1:50 Open stretch
1:50-3:05 Event Warmup
3:05-3:10 March in
3:10-5:20 Competition

Session 5A Elite/HOPES Optional Qualifier

(See Session Assignments)

5:40-6:00 Open stretch
6:00-7:20 Event warmup
7:20-7:25 March in
7:25-9:35 Competition

February 7, 2019



USA GYMNASTICS.
Sanctioned Event

Saturday, March 9th

Session 6A Elite/HOPES Optional Qualifier (See Session Assignments)

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|------------|--------------|
| 8:00-8:20 | Open stretch |
| 8:20-9:35 | Event warmup |
| 9:35-9:40 | March in |
| 9:40-12:10 | Competition |

Session 7A Levels 9 and 10

| | |
|-------------|--------------|
| 12:15-12:35 | Open stretch |
| 12:35-12:45 | March in |
| 12:45-3:45 | Competition |

Session 8A Levels 8 and 9

| | |
|-----------|--------------|
| 4:15-4:35 | Open stretch |
| 4:35-4:45 | March in |
| 4:45-7:30 | Competition |

Sunday, March 10th

Session 9A Level 8

| | |
|-------------|--------------|
| 8:00-8:20 | Open stretch |
| 8:20-8:30 | March in |
| 8:30-11:15. | Competition |

Session 10A Level 7

| | |
|-------------|--------------|
| 11:30-11:50 | Open stretch |
| 11:50-12:00 | March in |
| 12:00-2:15 | Competition |

Session 11A Levels 6 and 7

| | |
|-----------|--------------|
| 2:30-2:50 | Open stretch |
| 2:50-3:00 | March in |
| 3:00-5:30 | Competition |

Session 12A Level 6

| | |
|-----------|--------------|
| 5:45-6:05 | Open stretch |
| 6:05-6:15 | March in |
| 6:15-8:30 | Competition |



February 7, 2019



USA GYMNASTICS.
Sanctioned Event

2018 KPAC Cup HOPES/Elite Qualifier and Invitational Schedule

March 7-10
Bojangles Arena
Orange Gym



See Session Assignments for all Sessions

| Friday, March 8th | | Saturday, March 9th | |
|-------------------------------------|--------------|---------------------------------------|--------------|
| Session 1B Bronze | | Session 4B Gold | |
| 11:00-11:20 | Open Stretch | 8:00-8:20 | Open Stretch |
| 11:20-11:30 | March in | 8:20-8:30 | March in |
| 11:30-1:45 | Competition | 8:30-10:45 | Competition |
| Session 2B Bronze | | Session 5B Gold | |
| 2:15-2:35 | Open Stretch | 11:00-11:20 | Open Stretch |
| 2:35-2:45 | March in | 11:20-11:30 | March in |
| 2:45-5:00 | Competition | 11:30-2:00 | Competition |
| Session 3B Bronze | | Session 6B Silver | |
| 5:30-5:50 | Open Stretch | 2:15-2:35 | Open Stretch |
| 5:50-6:00 | March in | 2:35-2:45 | March in |
| 6:00-8:15 | Competition | 2:45-5:30 | Competition |
| | | Session 7B Silver | |
| | | 5:45-6:05 | Open Stretch |
| | | 6:05-6:15 | March in |
| | | 6:15-8:30 | Competition |



Sunday, March 10th

Session 8B

Levels 2-5

9:00-9:20 Open Stretch
9:20-9:30 March in
9:30-11:45 Competition

Session 9B

Platinum

12:15-12:35 Open Stretch
12:35-12:45 March in
12:45-3:15 Competition

Session 10B Platinum and Diamond

3:45-4:05 Open Stretch
4:05-4:15 March in
4:15-6:25 Competition



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