

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



Saturday, March 9th

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

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



2019 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	8:30-8:50	Open Stretch
11:20-11:30	March in	8:50-9:00	March in
11:30-1:45	Competition	9:00-11:15	Competition
Session 2B Bronze		Session 5B Gold	
2:15-2:35	Open Stretch	11:30-11:50	Open Stretch
2:35-2:45	March in	11:50-12:00	March in
2:45-5:00	Competition	12:00-2:30	Competition
Session 3B Bronze		Session 6B Silver	
5:30-5:50	Open Stretch	2:45-3:05	Open Stretch
5:50-6:00	March in	3:05-3:15	March in
6:00-8:15	Competition	3:15-6:00	Competition
		Session 7B Silver	
		6:15-6:35	Open Stretch
		6:15-6:45	March in
		6:45-9:00	Competition



Updated March 5, 2019

USA GYMNASTICS.
Sanctioned Event

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



USA GYMNASTICS.
Sanctioned Event