

2025 Myrtle Beach Cup

* Tentative Schedule *

Posted 10/31/25

* Open Stretch time can change up to 30 minutes. Final Schedule November 21st *

Thursday, December 11th

Session	Level	Team	Open Stretch
Elite	EQ	All	6:00 PM

Friday, December 12th

Session	Level	Team	Open Stretch
1	Xcel Silver	Aiken(2), Beach Team, Goose Creek, GWT(2), Gym Inc(2), Roanoke, Thomas(2)	8:00 AM
2	Xcel Silver	Gym Fit, La Gymnastique, Ocean Flippers, Omega, Traditional	11:20 AM
	Level 3	Bright Stars, GAC(2), Goose Creek(2), Roanoke	
3	Level 4	Bright Stars, CCG, GAC, Goose Creek, Omega, Roanoke, Thomas, VIGS(5)	2:20 PM
	Level 5		
4	Level 7	Bright Stars(2), CCG, Excel, GAC, Goose Creek, GWT, Gym Inc(2), Ocean Flippers, Omega, Port City, Roanoke, VIGS(2)	5:50 PM

Saturday, December 13th

Session	Level	Team	Open Stretch
5	Level 6	Aiken, CCG, GAC(2), GWT, Gym Inc(2), Ocean Flippers(2), Omega, Roanoke, VIGS	8:00 AM
6	Level 6	Bright Stars, Excel Gymnastics, West Ashley, Goose Creek, Gym Fit, La Gymnastique	11:10 AM
	Xcel Plat	Aiken, Beach Team, CCG, GAC, GWT, Gym Fit, Omega, Port City, Roanoke, Traditional, WAKE	
7	Level 9	Arlington Aerials, Beach Team, Bright Stars, Excel, GAC(2), GWT, Gym Fit, Gym Inc, La Gymnastique, Ocean Flippers, Omega, Roanoke, Traditional, VIGS	2:30 PM
	Xcel Diamond and Sapphire		
8	Level 8	Arlington Aerials, Bright Stars, GAC(2), Goose Creek, GWT, Gym Fit, Gym Inc, La Gymnastique, Ocean Flippers(2), Omega, Port City, Roanoke, Top Gymnastics, VIGS	5:40 PM
	Level 10		

Sunday, December 14th

Session	Level	Team	Open Stretch
9	Xcel Gold	Aiken, Beach Team, CCG, Goose Creek, GWT(2), Gym Fit, Omega, Port City(2), Roanoke, Traditional, WAKE	8:00 AM
10	Level 2	Beach Team, GAC, Goose Creek(2), Gym Inc(2), Ocean Flippers(2), Thomas(2)	11:20 AM
	Xcel Bronze		
11	Xcel Gold	GAC(2), Gym Inc(2), Ocean Flippers(2), Thomas(2)	2:50 PM

Individual and Team awards at conclusion of each session.

Thank you for coming to the Myrtle Beach Cup!