



2026 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, APRIL 17, 2026
GYM A

SESSION 1A
LEVEL 6
Child A, B, C

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:15 AM

SESSION 2A
LEVEL 6
Child D, E, F

General Stretch	11:20 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:45 PM

SESSION 3A
LEVEL 6
Child G, H Junior A

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:15 PM

SESSION 4A
LEVEL 6
Junior B, C, D

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:45 PM



2026 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, APRIL 18, 2026
GYM A

SESSION 5A
LEVEL 8
Child A, B, C

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:28 AM

SESSION 6A
LEVEL 8
Child D, E, F

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:58 PM

SESSION 7A
LEVEL 8
Child G, Junior A, B

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:28 PM

SESSION 8A
LEVEL 8
Junior C, D, E

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:58 PM



2026 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

FRIDAY, APRIL 17, 2026
GYM B

SESSION 1B

LEVEL 6

Junior E, F, G

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:45 AM
Awards	11:15 AM

SESSION 2B

LEVEL 6

Junior H, Senior A, B

General Stretch	11:20 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:45 PM

SESSION 3B

LEVEL 6

Senior C, D, E

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:15 PM

SESSION 4B

LEVEL 6

Senior F, G, H

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:15 PM
Awards	9:45 PM



2026 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SATURDAY, APRIL 18, 2026
GYM B

SESSION 5B
LEVEL 7
Child A, B, C

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:44 AM
Awards	11:05 AM

SESSION 6B
LEVEL 7
Child D, E, F

General Stretch	11:30 AM
Introductions	11:50 AM
Timed Warm Up	12:00 PM
Competition Begins	12:15 PM
Awards	2:35 PM

SESSION 7B
LEVEL 7
Child G, Junior A, B

General Stretch	3:00 PM
Introductions	3:20 PM
Timed Warm Up	3:30 PM
Competition Begins	3:45 PM
Awards	6:05 PM

SESSION 8B
LEVEL 7
Junior C, D, E

General Stretch	6:30 PM
Introductions	6:50 PM
Timed Warm Up	7:00 PM
Competition Begins	7:12 PM
Awards	9:35 PM



2026 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, APRIL 19, 2026
GYM A

SESSION 9A

LEVEL 8

Junior F, G Senior A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:48 AM
Awards	11:40 AM

SESSION 10A

LEVEL 8

Senior B, C, D

General Stretch	11:40 AM
Introductions	12:00 PM
Timed Warm Up	12:10 PM
Competition Begins	12:28 PM
Awards	3:30 PM

SESSION 11A

LEVEL 8

Senior E, F, G

General Stretch	3:20 PM
Introductions	3:40 PM
Timed Warm Up	3:50 PM
Competition Begins	4:08 PM
Awards	7:00 PM



2026 LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS COMPETITION SCHEDULE

SUNDAY, APRIL 19, 2026
GYM B

SESSION 9B

LEVEL 7

Junior F, G, Senior A

General Stretch	8:00 AM
Introductions	8:20 AM
Timed Warm Up	8:30 AM
Competition Begins	8:42 AM
Awards	11:05AM

SESSION 10B

LEVEL 7

Senior B, C, D

General Stretch	11:00 AM
Introductions	11:20 AM
Timed Warm Up	11:30 AM
Competition Begins	11:40 AM
Awards	2:00 PM

SESSION 11B

LEVEL 7

Senior E, F, G

General Stretch	2:00 PM
Introductions	2:20 PM
Timed Warm Up	2:30 PM
Competition Begins	2:44 PM
Awards	5:05 PM