



Friday January 30, 2026

Session 1									
Flight		LVL	TR		LVL	TU		LVL	DMT
8:00-8:20	A	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
8:20-8:40	B	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
8:40-9:00	C	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
9:00-9:20	D	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
9:20-9:40	E	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
9:40-10:00	F	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
10:00-10:20	G	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
10:20-10:40	H	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
10:40-11:00	I	1-7	9-10/F		1-7	9-10/F		1-7	9-10/F
11:00-11:30		Session							
Session 2									
Flight		LVL	TR		LVL	TU		LVL	DMT
11:00-11:20	A	1-7	11+/M		1-7	11+/M		1-7	11+/M
11:20-11:40	B	1-7	11+/M		1-7	11+/M		1-7	11+/M
11:40-12:00	C	1-7	11+/M		1-7	11+/M		1-7	11+/M
12:00-12:20	D	1-7	11+/M		1-7	11+/M		1-7	11+/M
12:20-12:40		Session Awards							
12:20-1:10	Assigned Training Group A Level 8-9								

Friday January 30, 2026

Session 3									
Flight		LVL	TR		LVL	TU		LVL	DMT
1:20-1:40	A	1-7	11-12/F		1-7	11-12/F		1-7	11-12/F
1:40-2:00	B	1-7	11-12/F		1-7	11-12/F		1-7	11-12/F
2:00-2:20	C	1-7	11-12/F		1-7	11-12/F		1-7	11-12/F
2:20-2:40	D	1-7	11-12/F		1-7	11-12/F		1-7	11-12/F
2:40-3:00	E	1-7	11-12/F		1-7	11-12/F		1-7	11-12/F
3:00-3:20	F	1-7	11-12/F		1-7	11-12/F		1-7	11-12/F
3:20-3:40	G	1-7	11-12/F		1-7	11-12/F		1-7	11-12/F
3:40-4:00	H	1-7	11-12/F		1-7	11-12/F		1-7	11-12/F
4:00-4:20		Session Awards							
Session 4									
4:00-4:20	A	1-7	8U/F		1-7	8U/F		1-7	8U/F
4:20-4:40	B	1-7	8U/F		1-7	8U/F		1-7	8U/F
4:40-5:00	C	1-7	8U/F		1-7	8U/F		1-7	8U/F
5:00-5:20	D	1-7	8U/F		1-7	8U/F		1-7	8U/F
5:20-5:40	E	1-7	8U/F		1-7	8U/F		1-7	8U/F
5:40-6:00		Session Awards							
5:40-6:30	Assigned Training Group B Level 8-9								
Session 5									
6:40-7:00	A	1-7	13-14/F		1-7	13-14/F		1-7	13-14/F
7:00-7:20	B	1-7	13-14/F		1-7	13-14/F		1-7	13-14/F
7:20-7:40	C	1-7	13-14/F		1-7	13-14/F		1-7	13-14/F
7:40-8:00	D	1-7	13-14/F		1-7	13-14/F		1-7	13-14/F
8:00-8:20	E	1-7	13-14/F		1-7	13-14/F		1-7	13-14/F
8:20-8:40	F	1-7	13-14/F		1-7	13-14/F		1-7	13-14/F
8:40-9:00		Session Awards							
8:40-9:40		Level 10-Elite Open Training							

Saturday January 31, 2026

Session 6										
Flight		LVL	TR		LVL	TU		LVL	DMT	
8:00-8:20	A	1-7	10U/M		1-7	10U/M		1-7	10U/M	
8:20-8:40	B	1-7	10U/M		1-7	10U/M		1-7	10U/M	
8:40-9:00	C	1-7	10U/M		1-7	10U/M		1-7	10U/M	
9:00-9:15	D	1-7	10U/M		1-7	10U/M		1-7	10U/M	
9:20-9:40		Session Awards								
Session 7										
Flight		LVL	TR		LVL	TU		LVL	DMT	
9:15-9:30	A	1-7	15+/F		1-7	15+/F		1-7	15+/F	
9:30-9:40	B	1-7	15+/F		1-7	15+/F		1-7	15+/F	
9:40-10:00	C	1-7	15+/F		1-7	15+/F		1-7	15+/F	
10:00-10:20		Session Awards								
Session 8										
Flight		LVL	TR		LVL	TU		LVL	DMT	
10:00-10:30	A	8	9-10/F		8	15+/F		8	15+/F	
		8	11-12/F							
10:30-11:00	B	9	11-12/F		8	15+/F		8	15+/F	
		9	13-14/F		9	15+/F		8	9-10/F	
11:00-11:30	C	9	15+/F		8	11-12/F		9	15+/M	
								8	15+/M	
11:30-12:00	D	9	15+/F		8	15+/M		8	13-14/M	
		8	13-14/F		9	15+/M		8	11-12/M	
								8	9-10/M	
								9	13-14/M	
12:00-12:30	E	8	13-14/F		9	11-12/M		9	13-14/F	
		8	15+/F		8	13-14/M		9	11-12/M	
12:30-1:00	F	8	15+/F		8	9-10/F		8	11-12/F	
					8	13-14/F				
					9	11-12/F				
					9	13-14/F				
1:00-1:30		Session Awards								

Saturday January 31, 2026

Session 9									
1:00-1:50		Level 10-Elite Open Warm Up							
Flight		LVL	TR		LVL	TU		LVL	DMT
2:00-2:30	A	10	17-21/F		10	15-16/F		SR	MALE
		OPEN	FEMALE		JR	FEMALE		INT	MALE
					SR	FEMALE			
2:30-3:00	B	10	15-16/F		OPEN	MALE		SR	MALE
		JR	FEMALE		SR	MALE		10	17-21/M
					10	17-21/M		10	15-16/M
3:00-3:30	C	SR	MALE					YE	MALE
		INT	MALE					YE	FEMALE
								JR	FEMALE
								10	13-14/M
3:30-4:00	D	OPEN	MALE					INT	FEMALE
		10	13-14/F					OP	FEMALE
		10	11-12/F					10	17-21/F
4:00-4:30	E	10	11-12/M					10	15-16/F
		10	13-14/M					10	11-12/F
		YE	MALE					10	13-14/F
4:30-5:00	F	10	17-21/M						
		10	15-16/M						
		JR	MALE						
5:00-5:30	G	INT	FEMALE						
		SR	FEMALE						
		YE	FEMALE						
Session 10									
Flight		LVL	TR		LVL	TU		LVL	DMT
6:00-6:30	A	9	15+/M		Finals Warm Up			9	15+/F
		8	15+/M						
6:30-7:00	B	9	13-14/M						9
		8	13-14/M					9	11-12/F
7:00-7:30	C	8	9-10/M		10	15-16/F		8	13-14/F
		8	11-12/M		JR	FEMALE			
					SR	FEMALE			
7:30-8:00	D				OPEN	MALE		8	13-14/F
					SR	MALE			
					10	17-21/M			
8:00-8:30		Session 10 Awards							

Sunday February 1, 2026

Finals Session 11									
9:00-9:50		Level 10-Elite Open Warm Up							
Flight		LVL	TR		LVL	TU		LVL	DMT
10:00-10:30	A	10	17-21/F					SR	MALE
		OPEN	FEMALE					INT	MALE
10:30-10:50	B	10	15-16/F					10	17-21/M
		JR	FEMALE					10	15-16/M
10:50-11:10	C	SR	MALE					YE	MALE
		INT	MALE					YE	FEMALE
								JR	FEMALE
								10	13-14/M
11:10-11:30			Session Awards						
Finals Session 12									
11:30-12:20		Level 10-Elite Open Warm Up							
12:20-12:40	A	OPEN	MALE					INT	FEMALE
		10	13-14/F					OP	FEMALE
		10	11-12/F					10	17-21/F
12:40-1:00	B	10	11-12/M					10	15-16/F
		10	13-14/M					10	11-12/F
		YE	MALE					10	13-14/F
1:00-1:20	C	10	17-21/M						
		10	15-16/M						
		JR	MALE						
1:20-1:40	D	INT	FEMALE						
		SR	FEMALE						
		YE	FEMALE						
1:40-2:00			Session Awards						

Trampoline
Tumbling
Double Mini
Warm-Up
Finals
Awards