

2026 Region 5 Insider

Session Summary

Feb 20-22, 2026

Page: 1
Printed: 1/20/2026 12:57:52 PM

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| Friday, February 20, 2026 Xcel Platinum | Session: G01 # Gymnasts 70 | Open Stretch 2:00 PM Timed Warmup 2:20 PM | March In 2:20 PM Awards 4:45 PM |
| Friday, February 20, 2026 XD & XSA | Session: G02 # Gymnasts 54 | Open Stretch 5:45 PM Timed Warmup 6:05 PM | March In 6:05 PM Awards 8:45 PM |
| Saturday, February 21, 2026 Xcel Silver | Session: G03 # Gymnasts 55 | Open Stretch 8:00 AM Timed Warmup 8:15 AM | March In 8:15 AM Awards 10:00 AM |
| Saturday, February 21, 2026 Xcel Silver | Session: G04 # Gymnasts 56 | Open Stretch 11:00 AM Timed Warmup 11:15 AM | March In 11:15 AM Awards 1:00 PM |
| Saturday, February 21, 2026 Xcel Gold | Session: G05 # Gymnasts 89 | Open Stretch 2:00 PM Timed Warmup 2:15 PM | March In 2:15 PM Awards 5:15 PM |
| Saturday, February 21, 2026 Level 4 | Session: G06 # Gymnasts 84 | Open Stretch 6:15 PM Timed Warmup 6:30 PM | March In 6:30 PM Awards 9:15 PM |
| Friday, February 20, 2026 Level 6 | Session: R01 # Gymnasts 65 | Open Stretch 2:45 PM Timed Warmup 3:05 PM | March In 3:05 PM Awards 5:15 PM |
| Friday, February 20, 2026 Level 7 | Session: R02 # Gymnasts 64 | Open Stretch 6:15 PM Timed Warmup 7:05 PM | March In 7:05 PM Awards 8:45 PM |
| Saturday, February 21, 2026 Level 8 | Session: R03 # Gymnasts 45 | Open Stretch 9:00 AM Timed Warmup 9:20 AM | March In 9:20 AM Awards 12:00 PM |
| Saturday, February 21, 2026 Level 9 | Session: R04 # Gymnasts 41 | Open Stretch 1:00 PM Timed Warmup 1:20 PM | March In 1:20 PM Awards 4:15 PM |
| Saturday, February 21, 2026 Level 10 & 5 | Session: R05 # Gymnasts 55 | Open Stretch 5:15 PM Timed Warmup 5:35 PM | March In 5:35 PM Awards 8:15 PM |
| Sunday, February 22, 2026 Level 2 & XB | Session: R06 # Gymnasts 54 | Open Stretch 8:00 AM Timed Warmup 8:15 AM | March In 8:15 AM Awards 9:45 AM |
| Sunday, February 22, 2026 Level 3 | Session: R07 # Gymnasts 72 | Open Stretch 10:45 AM Timed Warmup 11:00 AM | March In 11:00 AM Awards 1:00 PM |