

2026 Region 5 Insider

Session Summary

Feb 20-22, 2026

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