

Region 5 Insider AAU 2026

Session Summary

Jan 21, 2026

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Sunday, February 22, 2026	Session: G07	Open Warmup 8:00 AM	March In 8:15 AM
L1-2-3-XB-XS-4x4	# Gymnasts 53	Timed Warmup 8:20 AM	Awards 10:00 AM
Sunday, February 22, 2026	Session: G08	Open Warmup 11:00 AM	March In 11:20 AM
4-5-6-XG-XP-XP-Adult	# Gymnasts 50	Timed Warmup 11:25 AM	Awards 1:45 PM