

Region 5 Insider AAU 2026

Session Summary

Jan 21, 2026

Page: 1
Printed: 1/21/2026 6:57:42 AM

Sunday, February 22, 2026
L1-2-3-XB-XS-4x4

Session: G07
Gymnasts 53

Open Warmup 8:00 AM
Timed Warmup 8:20 AM

March In 8:15 AM
Awards 10:00 AM

Sunday, February 22, 2026
4-5-6-XG-XP-XP-Adult

Session: G08
Gymnasts 50

Open Warmup 11:00 AM
Timed Warmup 11:25 AM

March In 11:20 AM
Awards 1:45 PM