

Region 5 Insider AAU 2026

Session Summary

Jan 21, 2026

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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

Gym	Level	# Gymnasts
Flipstar Gymnastics	4X4	1
Flipstar Gymnastics	XB	2
Flipstar Gymnastics	XS	3
Flyers	2	8
Flyers	3	8
Goldens	2	6
Goldens	XS	8
Ik Gymnastics	XB	9
Ik Gymnastics	XS	8

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

Gym	Level	# Gymnasts
Different Drum Gymna	AXS	1
Different Drum Gymna	CAS	1
Dream Big	AXB	1
Dream Big	AXD	1
Flipstar Gymnastics	AXG	1
Flipstar Gymnastics	AXP	1
Flipstar Gymnastics	AXS	1
Flipstar Gymnastics	XG	3
Flipstar Gymnastics	XP	3
Flyers	4	1
Flyers	6	3
Goldens	XD	1
Goldens	XG	12
Goldens	XP	4
Meadowview Gymnastic	AXD	1
Uga	AXD	1
Wyatt	XD	1
Wyatt	XG	8
Wyatt	XP	5