

Region 5 Insider AAU 2026

Session Summary

Jan 21, 2026

| 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 |
| 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 | Session: G08 | Open Warmup 11:00 AM | March In 11:20 AM |
|---------------------------|---------------|-----------------------|-------------------|
| 4-5-6-XG-XP-Adult | # Gymnasts 50 | Timed Warmup 11:25 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 |