

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Friday, April 17, 2026 | Session: B01 | Open Warmup 8:00 AM | March In 8:15 AM |
| XP Sr D | # Gymnasts 77 | Timed Warmup 8:15 AM | Awards 11:00 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Air Force WI | XP | 2 |
| Altius WI | XP | 1 |
| Badger WI | XP | 1 |
| Chows Gymn IA | XP | 1 |
| Classic East MN | XP | 1 |
| Duluth YMCA MN | XP | 2 |
| Eagle IA | XP | 1 |
| EDGE Gymn MO | XP | 1 |
| Flips MN | XP | 1 |
| GT Performance MO | XP | 1 |
| Gymfinity WI | XP | 2 |
| IGM Gymn MN | XP | 1 |
| Jam Hops MN | XP | 1 |
| Laketown Gymn MN | XP | 1 |
| M & M WI | XP | 1 |
| Mankato Gymn MN | XP | 4 |
| Metro Stars NE | XP | 2 |
| Midwest Elite NE | XP | 1 |
| Mini Hops MN | XP | 6 |
| Missouri Elite MO | XP | 2 |
| North Crest MN | XP | 1 |
| North Jr Vikings MN | XP | 1 |
| North Shore MN | XP | 1 |
| North Shore WI | XP | 3 |
| Northern Dreams MN | XP | 1 |
| Northern Twistars MN | XP | 1 |
| Olympia MidRivers MO | XP | 2 |
| OlympiaManchester MO | XP | 1 |
| Omaha Gymn NE | XP | 1 |
| Ozark Mountain MO | XP | 1 |
| Perpetual MN | XP | 1 |
| Pioneer NE | XP | 1 |
| Planet Gymn MO | XP | 1 |
| Platinum IA | XP | 1 |
| Power And Grace SD | XP | 1 |
| Rebel Gymn MN | XP | 1 |
| RevolutionBuffalo MN | XP | 1 |
| RISE IA | XP | 1 |
| Salute Gymn IA | XP | 1 |
| Shoot fortheStars MO | XP | 1 |
| Somersaults IA | XP | 2 |
| Springfield Gymn MO | XP | 1 |
| Staceys ICON MO | XP | 2 |
| TAGS Eden MN | XP | 1 |
| Team Central MO | XP | 1 |
| Team Flip Gymn IA | XP | 1 |
| Team UP WI | XP | 1 |
| TNT ND | XP | 4 |

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| | | |
|----------------------|----|---|
| Tri County WI | XP | 2 |
| Triad IA | XP | 4 |
| Twin City Twister MN | XP | 1 |
| Xtreme Gymn MO | XP | 1 |

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| | | | |
|-------------------------------|----------------------|------------------------------|--------------------------|
| Friday, April 17, 2026 | Session: B02 | Open Warmup 11:15 AM | March In 11:30 AM |
| XP Sr A | # Gymnasts 75 | Timed Warmup 11:30 AM | Awards 2:15 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American MO | XP | 1 |
| All American SD | XP | 1 |
| Altius WI | XP | 3 |
| Badger WI | XP | 1 |
| Balance Gym MN | XP | 1 |
| Branson Ultimate MO | XP | 1 |
| Calvary Elite | XP | 1 |
| Chows Gymn IA | XP | 2 |
| Classic East MN | XP | 1 |
| Classic Savage MN | XP | 1 |
| Dakota Star ND | XP | 1 |
| Duluth YMCA MN | XP | 1 |
| Dynamic Flights MN | XP | 2 |
| Dynamics MN | XP | 1 |
| Eagles MO | XP | 2 |
| EDGE Gymn MO | XP | 1 |
| Evolve Gymn IA | XP | 1 |
| Flyaways MN | XP | 1 |
| Gleasons Gymn MN | XP | 1 |
| GT Performance MO | XP | 1 |
| Gymagic Gymn ND | XP | 2 |
| IGM Gymn MN | XP | 1 |
| Iowa Gym-Nest IA | XP | 1 |
| LaFleur's WI | XP | 2 |
| Lake City WI | XP | 3 |
| Laketown Gymn MN | XP | 2 |
| MGP Gymn MO | XP | 1 |
| Mid Iowa Gym | XP | 1 |
| Mini Hops MN | XP | 1 |
| MV-Jags MO | XP | 1 |
| No Boundaries MN | XP | 1 |
| North Jr Vikings MN | XP | 2 |
| North Shore MN | XP | 1 |
| Olympia Festus MO | XP | 1 |
| OlympiaEllisville MO | XP | 2 |
| OlympiaManchester MO | XP | 1 |
| Perpetual MN | XP | 2 |
| Planet Gymn MO | XP | 1 |
| Racine WI | XP | 1 |
| Revolution MN | XP | 2 |
| Rising Star MN | XP | 1 |
| RiverTownTwisters WI | XP | 1 |
| Shoot fortheStars MO | XP | 1 |
| St. Louis Gym MO | XP | 2 |
| Swiss WI | XP | 1 |
| Synergy IA | XP | 1 |
| TAGS South MN | XP | 3 |
| Team Central MO | XP | 1 |

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| | | |
|----------------------|----|---|
| Team Flip Gymn IA | XP | 2 |
| TNT ND | XP | 3 |
| Tri County WI | XP | 1 |
| Twin City Twister MN | XP | 1 |
| Twisters Iowa IA | XP | 2 |
| Xtreme Gymn MO | XP | 1 |

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Friday, April 17, 2026 | Session: B03 | Open Warmup 2:30 PM | March In 2:45 PM |
| XP Sr C | # Gymnasts 73 | Timed Warmup 2:45 PM | Awards 5:30 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Air Force WI | XP | 1 |
| Classic East MN | XP | 2 |
| Cream City WI | XP | 1 |
| Duluth YMCA MN | XP | 1 |
| Dynamic Flights MN | XP | 2 |
| Dynamics MN | XP | 2 |
| Eagles MO | XP | 2 |
| EDGE Gymn MO | XP | 2 |
| Elite Gymn MN | XP | 1 |
| Flyaways North MN | XP | 1 |
| Gymfinity WI | XP | 2 |
| GymHawks WI | XP | 1 |
| Gymsport WI | XP | 1 |
| IGM Gymn MN | XP | 3 |
| Iowa Gym-Nest IA | XP | 1 |
| Jam Hops MN | XP | 4 |
| Jump Around WI | XP | 1 |
| LaFleur's WI | XP | 1 |
| Legacy MN | XP | 2 |
| Metro Stars NE | XP | 1 |
| Mini Hops MN | XP | 2 |
| NebraskaSchoolGym NE | XP | 1 |
| North Crest MN | XP | 4 |
| North Jr Vikings MN | XP | 1 |
| Northern Hills SD | XP | 1 |
| Northern Twistars MN | XP | 1 |
| Olympia MidRivers MO | XP | 3 |
| Omaha Gymn NE | XP | 4 |
| ONE Athletics MN | XP | 1 |
| Platinum IA | XP | 1 |
| Power And Grace SD | XP | 1 |
| Revolution MN | XP | 1 |
| RevolutionBuffalo MN | XP | 1 |
| Rising Star MN | XP | 1 |
| Siouxland Gymn IA | XP | 2 |
| Springfield Gymn MO | XP | 1 |
| Staceys ICON MO | XP | 2 |
| Starz WI | XP | 1 |
| Strive Gymn SD | XP | 1 |
| Synergy IA | XP | 2 |
| TAGS Eden MN | XP | 1 |
| Team Central MO | XP | 1 |
| TNT ND | XP | 1 |
| Triad IA | XP | 1 |
| Twin City Twister MN | XP | 3 |
| Twisters Iowa IA | XP | 1 |
| V.I.P. Gymnastics | XP | 1 |

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Friday, April 17, 2026 | Session: B04 | Open Warmup 5:45 PM | March In 6:00 PM |
| XP Jr D | # Gymnasts 76 | Timed Warmup 6:00 PM | Awards 8:45 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American MO | XP | 1 |
| All American SD | XP | 1 |
| ATM MN | XP | 1 |
| Authority MO | XP | 1 |
| Badger WI | XP | 2 |
| Balance Gym MN | XP | 1 |
| Calvary Elite | XP | 1 |
| Chows Gymn IA | XP | 2 |
| Classic ChanhassenMN | XP | 3 |
| Classic Northwest MN | XP | 1 |
| Classic Savage MN | XP | 3 |
| Cream City WI | XP | 1 |
| Dynamics MN | XP | 1 |
| EDGE Gymn MO | XP | 3 |
| Elite Gymn MN | XP | 1 |
| Flips MN | XP | 1 |
| Flyaways North MN | XP | 1 |
| Granite City MN | XP | 1 |
| Gymfinity WI | XP | 1 |
| Helix MO | XP | 1 |
| Infinite WI | XP | 1 |
| Just Jym SD | XP | 1 |
| KAATS MN | XP | 1 |
| LaFleur's WI | XP | 1 |
| Lake City WI | XP | 2 |
| Legacy MN | XP | 2 |
| Metro Stars Elk NE | XP | 2 |
| Mini Hops MN | XP | 1 |
| North Shore MN | XP | 2 |
| North Shore WI | XP | 1 |
| Northwest Gymn MO | XP | 1 |
| Olympia MidRivers MO | XP | 1 |
| OlympiaEllisville MO | XP | 1 |
| OlympiaManchester MO | XP | 1 |
| Omaha Gymn NE | XP | 1 |
| Ozark Mountain MO | XP | 1 |
| Perpetual MN | XP | 2 |
| Racine WI | XP | 1 |
| Rebel Gymn MN | XP | 1 |
| Revolution MN | XP | 1 |
| Rise Above NE | XP | 3 |
| Rising Star MN | XP | 1 |
| Siouxland Gymn IA | XP | 1 |
| Sokol Gymn NE | XP | 1 |
| Solid Rock Gymn NE | XP | 1 |
| St. Louis Gym MO | XP | 2 |
| Synergy IA | XP | 2 |
| TAGS Eden MN | XP | 1 |

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| | | |
|----------------------|----|---|
| Team Flip Gymn IA | XP | 2 |
| Team UP WI | XP | 1 |
| Tumbles Athletic MO | XP | 1 |
| Twin City Twister MN | XP | 4 |
| WCGC WI | XP | 1 |
| Xtreme Gymn MO | XP | 2 |

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|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: B05 | Open Warmup 8:00 AM | March In 8:15 AM |
| XP Jr B | # Gymnasts 74 | Timed Warmup 8:15 AM | Awards 11:00 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Air Force WI | XP | 1 |
| Altius WI | XP | 1 |
| Authority MO | XP | 4 |
| Badger WI | XP | 1 |
| Balance Gym MN | XP | 1 |
| Calvary Elite | XP | 2 |
| Classic ChanhassenMN | XP | 1 |
| Duluth YMCA MN | XP | 1 |
| Eagles MO | XP | 1 |
| EDGE Gymn MO | XP | 2 |
| Elite Gymn MN | XP | 3 |
| Flips MN | XP | 1 |
| Flyaways MN | XP | 1 |
| Gleasons Gymn MN | XP | 1 |
| GT Performance MO | XP | 1 |
| Gymagic Gymn ND | XP | 2 |
| GymHawks WI | XP | 1 |
| Infinite WI | XP | 1 |
| Iowa Gym-Nest IA | XP | 1 |
| Jam Hops Anoka MN | XP | 1 |
| Jump Around WI | XP | 2 |
| Just Jym SD | XP | 2 |
| KAATS MN | XP | 1 |
| LaFleur's WI | XP | 1 |
| MEGA SD | XP | 2 |
| Metro Stars Elk NE | XP | 1 |
| Mini Hops MN | XP | 1 |
| North Jr Vikings MN | XP | 3 |
| North Shore MN | XP | 2 |
| OlympiaEllisville MO | XP | 1 |
| ONE Athletics MN | XP | 2 |
| Ozark Mountain MO | XP | 2 |
| Planet Gymn MO | XP | 1 |
| Platinum IA | XP | 1 |
| Racine WI | XP | 1 |
| Revolution MN | XP | 1 |
| Rise Above NE | XP | 1 |
| Salute Gymn IA | XP | 1 |
| Shoot fortheStars MO | XP | 1 |
| Show Me Gymn MO | XP | 1 |
| Siouxland Gymn IA | XP | 1 |
| Solid Rock Gymn NE | XP | 2 |
| Springfield Gymn MO | XP | 2 |
| St. Louis Gym MO | XP | 1 |
| Swiss WI | XP | 1 |
| Synergy IA | XP | 1 |
| TAGS Eden MN | XP | 1 |
| TAGS South MN | XP | 2 |

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| | | |
|----------------------|----|---|
| Tri County WI | XP | 1 |
| Triniti Gymn NE | XP | 1 |
| Twin City Twister MN | XP | 3 |
| V.I.P. Gymnastics | XP | 2 |

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| | | | |
|---------------------------------|----------------------|------------------------------|--------------------------|
| Saturday, April 18, 2026 | Session: B06 | Open Warmup 11:15 AM | March In 11:30 AM |
| XP Jr C | # Gymnasts 73 | Timed Warmup 11:30 AM | Awards 2:15 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American SD | XP | 1 |
| American Gold ND | XP | 1 |
| Balance Gym MN | XP | 1 |
| Bemidji Aerials MN | XP | 1 |
| Calvary Elite | XP | 1 |
| Chows Gymn IA | XP | 2 |
| Classic ChanhassenMN | XP | 2 |
| Classic Northwest MN | XP | 1 |
| Classic Savage MN | XP | 1 |
| Duluth YMCA MN | XP | 2 |
| Dynamic Flights MN | XP | 1 |
| Dynamics MN | XP | 1 |
| EDGE Gymn MO | XP | 2 |
| Elite Gymn MN | XP | 2 |
| Flips MN | XP | 1 |
| Flyaways North MN | XP | 2 |
| Granite City MN | XP | 1 |
| GT Performance MO | XP | 1 |
| Helix MO | XP | 2 |
| Infinite WI | XP | 1 |
| Iowa Gym-Nest IA | XP | 1 |
| Jump Around WI | XP | 1 |
| LaFleur's WI | XP | 1 |
| Laketown Gymn MN | XP | 2 |
| Legacy MN | XP | 1 |
| Legacy Gymn NE | XP | 1 |
| Metro Stars NE | XP | 3 |
| Mid Iowa Gym | XP | 1 |
| Missouri Elite MO | XP | 1 |
| MV-Jags MO | XP | 1 |
| Northwest Gymn MO | XP | 1 |
| Olympia MidRivers MO | XP | 1 |
| Omaha Gymn NE | XP | 1 |
| ONE Athletics MN | XP | 1 |
| Ozark Mountain MO | XP | 1 |
| Perpetual MN | XP | 1 |
| Planet Gymn MO | XP | 3 |
| Racine WI | XP | 1 |
| Red River ND | XP | 1 |
| Rise Above NE | XP | 1 |
| Rising Star MN | XP | 3 |
| Siouxland Gymn IA | XP | 1 |
| Somersaults IA | XP | 1 |
| Spirit MN | XP | 1 |
| Springfield Gymn MO | XP | 2 |
| St. Louis Gym MO | XP | 1 |
| Staceys ICON MO | XP | 1 |
| Synergy IA | XP | 3 |

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| | | |
|----------------------|----|---|
| TAGS Eden MN | XP | 1 |
| TAGS South MN | XP | 3 |
| Twin City Twister MN | XP | 2 |
| Twisters Iowa IA | XP | 1 |
| Xtreme Gymn MO | XP | 1 |

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| | | | |
|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: B07 | Open Warmup 2:30 PM | March In 2:45 PM |
| XP Jr A | # Gymnasts 75 | Timed Warmup 2:45 PM | Awards 5:30 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American SD | XP | 1 |
| Altius WI | XP | 1 |
| American Gold ND | XP | 1 |
| ATM MN | XP | 1 |
| Authority MO | XP | 1 |
| Badger WI | XP | 1 |
| Calvary Elite | XP | 3 |
| Classic ChanhassenMN | XP | 1 |
| Classic Savage MN | XP | 1 |
| CORE Athletics | XP | 2 |
| Duluth YMCA MN | XP | 1 |
| Elite Gymn MN | XP | 1 |
| Emerge IA | XP | 1 |
| Flex WI | XP | 1 |
| Flippers Gymn NE | XP | 1 |
| Flyaways North MN | XP | 4 |
| Granite City MN | XP | 5 |
| Helix MO | XP | 1 |
| Jam Hops Anoka MN | XP | 1 |
| Just Jym SD | XP | 3 |
| KAATS MN | XP | 3 |
| Legacy MN | XP | 2 |
| Legacy Gymn NE | XP | 2 |
| Lincoln Elite NE | XP | 1 |
| MEGA MO | XP | 1 |
| Metro Stars Elk NE | XP | 1 |
| MGP Gymn MO | XP | 1 |
| Mid Iowa Gym | XP | 1 |
| North Shore WI | XP | 6 |
| Northwest Gymn MO | XP | 3 |
| Ozark Mountain MO | XP | 2 |
| Perpetual MN | XP | 1 |
| Planet Gymn MO | XP | 1 |
| Show Me Gymn MO | XP | 1 |
| Solid Rock Gymn NE | XP | 1 |
| Springfield Gymn MO | XP | 4 |
| Staceys ICON MO | XP | 1 |
| Swiss WI | XP | 2 |
| Tri County WI | XP | 1 |
| Triad IA | XP | 3 |
| Tumbles Athletic MO | XP | 1 |
| Twin City Twister MN | XP | 2 |
| Twisters Iowa IA | XP | 1 |
| Xtreme Gymn MO | XP | 1 |

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| | | | |
|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: B08 | Open Warmup 5:45 PM | March In 6:00 PM |
| XP Jr E | # Gymnasts 76 | Timed Warmup 6:00 PM | Awards 8:45 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Air Force WI | XP | 1 |
| All American MO | XP | 1 |
| American Gold ND | XP | 1 |
| Authority MO | XP | 1 |
| Badger WI | XP | 1 |
| Balance Gym MN | XP | 1 |
| Black Hawk IA | XP | 1 |
| Cahoy NE | XP | 1 |
| Chows Gymn IA | XP | 5 |
| Classic ChanhassenMN | XP | 3 |
| Classic Northwest MN | XP | 1 |
| Cream City WI | XP | 2 |
| EDGE Gymn MO | XP | 1 |
| Elite Gymn MN | XP | 1 |
| Flips MN | XP | 2 |
| Gleasons Gymn MN | XP | 2 |
| Gymfinity WI | XP | 1 |
| IGM Gymn MN | XP | 1 |
| Infinite Starz IA | XP | 1 |
| Iowa Gym-Nest IA | XP | 1 |
| Jam Hops MN | XP | 2 |
| Jump Around WI | XP | 2 |
| LaFleur's WI | XP | 2 |
| Legacy Gymn NE | XP | 1 |
| M & M WI | XP | 1 |
| Mankato Gymn MN | XP | 1 |
| Mid Iowa Gym | XP | 1 |
| Mini Hops MN | XP | 1 |
| No Boundaries MN | XP | 2 |
| North Shore MN | XP | 2 |
| North Shore WI | XP | 1 |
| Northern Dreams MN | XP | 1 |
| Omaha Gymn NE | XP | 2 |
| Perpetual MN | XP | 4 |
| Rebel Gymn MN | XP | 1 |
| Red River ND | XP | 1 |
| Rising Star MN | XP | 3 |
| Salto WI | XP | 1 |
| Salute Gymn IA | XP | 1 |
| Show Me Gymn MO | XP | 2 |
| Siouxland Gymn IA | XP | 3 |
| St. Louis Gym MO | XP | 1 |
| Starz WI | XP | 1 |
| Team Central MO | XP | 1 |
| Team UP WI | XP | 1 |
| TNT ND | XP | 1 |
| Transform Academy IA | XP | 1 |
| Trinity Gymn NE | XP | 1 |

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| | | |
|----------------------|----|---|
| Twin City Twister MN | XP | 2 |
| Twisters Iowa IA | XP | 1 |
| Xtreme Gymn MO | XP | 2 |

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Sunday, April 19, 2026 | Session: B09 | Open Warmup 8:00 AM | March In 8:15 AM |
| XP Sr B | # Gymnasts 75 | Timed Warmup 8:15 AM | Awards 11:00 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Air Force WI | XP | 1 |
| All American MO | XP | 1 |
| All American SD | XP | 2 |
| Altius WI | XP | 2 |
| American Gold ND | XP | 2 |
| Badger WI | XP | 1 |
| Chows Gymn IA | XP | 1 |
| Dynamics MN | XP | 2 |
| EDGE Gymn MO | XP | 2 |
| Elite Gymn MN | XP | 1 |
| Fitnastics IA | XP | 1 |
| Flip-Flop Gymnastics | XP | 2 |
| Flips MN | XP | 1 |
| Flyaways MN | XP | 1 |
| Flyaways North MN | XP | 2 |
| Gleasons Gymn MN | XP | 3 |
| Gymfinity WI | XP | 2 |
| Gymsport WI | XP | 2 |
| Iowa Gym-Nest IA | XP | 1 |
| Jam Hops Anoka MN | XP | 1 |
| Jam Hops MN | XP | 3 |
| Jump Around WI | XP | 1 |
| Just Jym SD | XP | 1 |
| LaFleur's WI | XP | 1 |
| Legacy MN | XP | 1 |
| No Boundaries MN | XP | 1 |
| North Crest MN | XP | 1 |
| North Shore MN | XP | 2 |
| Northern Twistars MN | XP | 1 |
| Olympia Festus MO | XP | 2 |
| Omaha Gymn NE | XP | 1 |
| ONE Athletics MN | XP | 1 |
| Perpetual MN | XP | 2 |
| Planet Gymn MO | XP | 2 |
| Rebel Gymn MN | XP | 1 |
| RevolutionBuffalo MN | XP | 1 |
| RISE IA | XP | 1 |
| Siouxland Gymn IA | XP | 2 |
| Somersaults IA | XP | 2 |
| St. Louis Gym MO | XP | 2 |
| Staceys ICON MO | XP | 5 |
| Starz WI | XP | 1 |
| Swiss WI | XP | 1 |
| TAGS South MN | XP | 1 |
| Team UP WI | XP | 1 |
| Triad IA | XP | 1 |
| Twin City Twister MN | XP | 3 |
| Twisters Iowa IA | XP | 2 |

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| | | | |
|-------------------------------|----------------------|------------------------------|--------------------------|
| Sunday, April 19, 2026 | Session: B10 | Open Warmup 11:15 AM | March In 11:30 AM |
| XS Sr C | # Gymnasts 86 | Timed Warmup 11:30 AM | Awards 1:45 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Aberdeen SD | XS | 2 |
| All American SD | XS | 1 |
| Authority MO | XS | 2 |
| Black Hawk IA | XS | 2 |
| Capital WI | XS | 1 |
| Carousel WI | XS | 4 |
| Cedar Valley IA | XS | 2 |
| Double Dutch IA | XS | 1 |
| Duluth YMCA MN | XS | 1 |
| Dynamic Flights MN | XS | 3 |
| Eagle IA | XS | 1 |
| Granite City MN | XS | 1 |
| Gymagic Gymn ND | XS | 2 |
| GymHawks WI | XS | 1 |
| Infinite Starz IA | XS | 1 |
| Infinite WI | XS | 2 |
| Jump Around WI | XS | 3 |
| LaFleur's WI | XS | 4 |
| Lake City WI | XS | 5 |
| Legacy Gymn NE | XS | 1 |
| M & M WI | XS | 2 |
| MEGA MO | XS | 1 |
| Metro Star Maple NE | XS | 2 |
| Metro Stars NE | XS | 1 |
| Metro Stars Elk NE | XS | 2 |
| MGP Gymn MO | XS | 1 |
| Midwest Elite NE | XS | 2 |
| Northern Hills SD | XS | 1 |
| Olympia Festus MO | XS | 1 |
| OlympiaEllisville MO | XS | 2 |
| OlympiaManchester MO | XS | 1 |
| ONE Athletics MN | XS | 1 |
| Pioneer NE | XS | 3 |
| Racine WI | XS | 3 |
| Salto WI | XS | 1 |
| Salute Gymn IA | XS | 1 |
| Siouxland Gymn IA | XS | 2 |
| Somersaults IA | XS | 3 |
| Strive Gymn SD | XS | 1 |
| Synergy IA | XS | 3 |
| Team Central MO | XS | 3 |
| Team UP WI | XS | 2 |
| TNT ND | XS | 2 |
| Triad IA | XS | 2 |
| Twin Ports WI | XS | 2 |
| Twisters Iowa IA | XS | 1 |

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Sunday, April 19, 2026 | Session: B11 | Open Warmup 2:00 PM | March In 2:15 PM |
| XS Sr B | # Gymnasts 87 | Timed Warmup 2:15 PM | Awards 4:30 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Aberdeen SD | XS | 2 |
| Achieve Gym WI | XS | 1 |
| All American SD | XS | 3 |
| American Gold ND | XS | 1 |
| Authority MO | XS | 3 |
| Badlands | XS | 1 |
| Branson Ultimate MO | XS | 1 |
| Burlington Y IA | XS | 1 |
| Cahoy NE | XS | 1 |
| Capital WI | XS | 1 |
| Classic Savage MN | XS | 1 |
| Club Gymspiration WI | XS | 1 |
| Duluth YMCA MN | XS | 1 |
| Dynamic Flights MN | XS | 2 |
| Farmington TNT MN | XS | 1 |
| Flyaways North MN | XS | 1 |
| Gymagic Gymn ND | XS | 1 |
| Infinite WI | XS | 1 |
| Jump Around WI | XS | 4 |
| LaFleur's WI | XS | 1 |
| Lake City WI | XS | 2 |
| Liberty Gymnastics | XS | 1 |
| M & M WI | XS | 1 |
| Metro Star Maple NE | XS | 1 |
| Metro Stars NE | XS | 3 |
| Metro Stars Elk NE | XS | 1 |
| Northern Hills SD | XS | 1 |
| Olympia Rock Hill MO | XS | 1 |
| OlympiaEllisville MO | XS | 2 |
| OlympiaManchester MO | XS | 2 |
| ONE Athletics MN | XS | 1 |
| Ozark Mountain MO | XS | 1 |
| Pioneer NE | XS | 3 |
| Prairie Fire IA | XS | 1 |
| Racine WI | XS | 1 |
| RISE IA | XS | 1 |
| Rise Above NE | XS | 1 |
| River City Gymn SD | XS | 1 |
| RiverTownTwisters WI | XS | 1 |
| Salto WI | XS | 2 |
| Salute Gymn IA | XS | 2 |
| Siouxland Gymn IA | XS | 1 |
| Solid Rock Gymn NE | XS | 2 |
| Somersaults IA | XS | 6 |
| Synergy IA | XS | 3 |
| Team Central MO | XS | 2 |
| Team Flip Gymn IA | XS | 1 |
| TNT ND | XS | 3 |

2026 R4 Xcel Regionals Siouxland

Session Summary

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| | | |
|---------------------|----|---|
| Tri County WI | XS | 2 |
| Triad IA | XS | 2 |
| Tumbles Athletic MO | XS | 2 |
| Twisters Iowa IA | XS | 3 |
| Wings Gymn SD | XS | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Friday, April 17, 2026 | Session: G01 | Open Warmup 8:00 AM | March In 8:15 AM |
| XG Sr C | # Gymnasts 93 | Timed Warmup 8:15 AM | Awards 11:00 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| American Gold ND | XG | 1 |
| Bemidji Aerials MN | XG | 1 |
| Burlington Y IA | XG | 2 |
| Cahoy NE | XG | 1 |
| Chows Gymn IA | XG | 6 |
| Classic Northwest MN | XG | 2 |
| Club Gymspiration WI | XG | 2 |
| CORE Athletics | XG | 1 |
| Cream City WI | XG | 1 |
| Eagle IA | XG | 2 |
| Elite Gymn MN | XG | 2 |
| Flex WI | XG | 1 |
| Flip-Flop Gymnastics | XG | 1 |
| Flips MN | XG | 2 |
| Flyaways MN | XG | 1 |
| Gymfinity WI | XG | 4 |
| IGM Gymn MN | XG | 1 |
| Infinite Starz IA | XG | 2 |
| Jam Hops Anoka MN | XG | 3 |
| Jam Hops MN | XG | 2 |
| Metro Star Maple NE | XG | 1 |
| Metro Stars NE | XG | 1 |
| Mid Iowa Gym | XG | 1 |
| Mini Hops MN | XG | 3 |
| Moxie Gymn MO | XG | 1 |
| No Boundaries MN | XG | 3 |
| North Crest MN | XG | 2 |
| Olympia Rock Hill MO | XG | 3 |
| OlympiaEllisville MO | XG | 2 |
| Omaha Gymn NE | XG | 2 |
| Ozark Mountain MO | XG | 1 |
| Racine WI | XG | 1 |
| Revolution MN | XG | 3 |
| RISE IA | XG | 3 |
| River City Gymn SD | XG | 2 |
| Salto WI | XG | 1 |
| Salute Gymn IA | XG | 1 |
| Shooting Stars MN | XG | 1 |
| Siouxland Gymn IA | XG | 2 |
| Sokol Gymn NE | XG | 1 |
| Somersaults IA | XG | 1 |
| Spirit MN | XG | 1 |
| St. Louis Gym MO | XG | 1 |
| Swiss WI | XG | 2 |
| Team UP WI | XG | 1 |
| TNT ND | XG | 1 |
| Tri County WI | XG | 4 |
| Triad IA | XG | 3 |

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Session Summary

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| | | |
|----------------------|----|---|
| Triniti Gymn NE | XG | 1 |
| Tumbles Athletic MO | XG | 1 |
| Twin City Twister MN | XG | 1 |
| Twisters Iowa IA | XG | 2 |
| Valley Elite IA | XG | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|-------------------------------|----------------------|------------------------------|--------------------------|
| Friday, April 17, 2026 | Session: G02 | Open Warmup 11:15 AM | March In 11:30 AM |
| XG Sr A | # Gymnasts 93 | Timed Warmup 11:30 AM | Awards 2:15 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Achieve Gym WI | XG | 1 |
| All American SD | XG | 1 |
| American Gold ND | XG | 1 |
| Black Hawk IA | XG | 1 |
| Burlington Y IA | XG | 1 |
| Cahoy NE | XG | 1 |
| Classic ChanhassenMN | XG | 1 |
| Classic Northwest MN | XG | 1 |
| Cream City WI | XG | 1 |
| Dynamic Flights MN | XG | 1 |
| Dynamics MN | XG | 2 |
| Elite Gymn MN | XG | 2 |
| Fitnastics IA | XG | 1 |
| Flippers Gymn NE | XG | 1 |
| Flips MN | XG | 2 |
| Flyaways MN | XG | 2 |
| Gleasons Gymn MN | XG | 1 |
| Granite City MN | XG | 1 |
| Helix MO | XG | 1 |
| IGM Gymn MN | XG | 1 |
| Jam Hops Anoka MN | XG | 1 |
| Jam Hops MN | XG | 1 |
| Jump Around WI | XG | 1 |
| M & M WI | XG | 1 |
| MEGA MO | XG | 1 |
| Metro Stars Elk NE | XG | 3 |
| MGP Gymn MO | XG | 1 |
| Mid Iowa Gym | XG | 4 |
| Mini Hops MN | XG | 1 |
| Missouri Elite MO | XG | 1 |
| North Crest MN | XG | 1 |
| Northwest Gymn MO | XG | 1 |
| OlympiaEllisville MO | XG | 2 |
| OlympiaManchester MO | XG | 1 |
| Omaha Gymn NE | XG | 3 |
| Ozark Mountain MO | XG | 1 |
| Perpetual MN | XG | 2 |
| Pioneer NE | XG | 1 |
| Planet Gymn MO | XG | 1 |
| Prairie Fire IA | XG | 1 |
| Revolution MN | XG | 1 |
| Rise Above NE | XG | 1 |
| Rising Star MN | XG | 2 |
| River City Gymn SD | XG | 1 |
| Salto WI | XG | 1 |
| Salute Gymn IA | XG | 1 |
| Siouxland Gymn IA | XG | 3 |
| Solid Rock Gymn NE | XG | 1 |

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| | | |
|----------------------|----|---|
| Somersaults IA | XG | 2 |
| St. Louis Gym MO | XG | 1 |
| Staceys ICON MO | XG | 1 |
| Starz WI | XG | 2 |
| Swiss WI | XG | 1 |
| Synergy IA | XG | 1 |
| Team Central MO | XG | 1 |
| TNT ND | XG | 2 |
| Transform Academy IA | XG | 1 |
| Tri County WI | XG | 1 |
| Triad IA | XG | 2 |
| Trinity Gymn NE | XG | 3 |
| Tumbles Athletic MO | XG | 2 |
| Twin City Twister MN | XG | 3 |
| Twisters Iowa IA | XG | 3 |
| V.I.P. Gymnastics | XG | 3 |

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Session Summary

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Friday, April 17, 2026 | Session: G03 | Open Warmup 2:30 PM | March In 2:45 PM |
| XG Jr A | # Gymnasts 91 | Timed Warmup 2:45 PM | Awards 5:30 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American SD | XG | 2 |
| American Gold ND | XG | 1 |
| Authority MO | XG | 1 |
| Chows Gymn IA | XG | 2 |
| Classic ChanhassenMN | XG | 4 |
| Classic Savage MN | XG | 2 |
| Cream City WI | XG | 1 |
| Elite Gymn MN | XG | 2 |
| Flip-Flop Gymnastics | XG | 2 |
| Flippers Gymn NE | XG | 2 |
| Flyaways MN | XG | 2 |
| Gleasons Gymn MN | XG | 1 |
| Granite City MN | XG | 1 |
| GT Performance MO | XG | 1 |
| Helix MO | XG | 2 |
| Infinite WI | XG | 1 |
| Jump Around WI | XG | 1 |
| KAATS MN | XG | 1 |
| Laketown Gymn MN | XG | 1 |
| Legacy Gymn NE | XG | 1 |
| Liberty Gymnastics | XG | 1 |
| Lincoln Elite NE | XG | 1 |
| Metro Star Maple NE | XG | 2 |
| Metro Stars NE | XG | 1 |
| Metro Stars Elk NE | XG | 3 |
| Mid Iowa Gym | XG | 2 |
| Mini Hops MN | XG | 1 |
| No Boundaries MN | XG | 1 |
| North Crest MN | XG | 1 |
| North Shore MN | XG | 4 |
| North Shore WI | XG | 1 |
| Northern Hills SD | XG | 1 |
| OlympiaEllisville MO | XG | 1 |
| Omaha Gymn NE | XG | 3 |
| ONE Athletics MN | XG | 3 |
| Platinum IA | XG | 1 |
| Prairie Fire IA | XG | 1 |
| Racine WI | XG | 1 |
| Revolution MN | XG | 2 |
| Rising Star MN | XG | 2 |
| Ruby Gymn IA | XG | 1 |
| Shoot fortheStars MO | XG | 1 |
| Sokol Gymn NE | XG | 1 |
| Somersaults IA | XG | 1 |
| St. Louis Gym MO | XG | 3 |
| Staceys ICON MO | XG | 2 |
| Starz WI | XG | 2 |
| Synergy IA | XG | 2 |

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| | | |
|----------------------|----|---|
| Team Central MO | XG | 2 |
| Team Flip Gymn IA | XG | 1 |
| Transform Academy IA | XG | 1 |
| Triad IA | XG | 1 |
| Trinity Gymn NE | XG | 1 |
| Tumbles Athletic MO | XG | 1 |
| Twin City Twister MN | XG | 3 |
| Twisters Iowa IA | XG | 1 |
| V.I.P. Gymnastics | XG | 1 |
| Xtreme Gymn MO | XG | 1 |
| ZnZ Gymn NE | XG | 1 |

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Session Summary

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Friday, April 17, 2026 | Session: G04 | Open Warmup 5:45 PM | March In 6:00 PM |
| XG Jr B | # Gymnasts 90 | Timed Warmup 6:00 PM | Awards 8:45 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| American Gold ND | XG | 3 |
| Authority MO | XG | 3 |
| Balance Gym MN | XG | 1 |
| Bemidji Aerials MN | XG | 2 |
| Cedar Valley IA | XG | 1 |
| Chows Gymn IA | XG | 1 |
| Classic Northwest MN | XG | 2 |
| Classic Savage MN | XG | 1 |
| CORE Athletics | XG | 1 |
| Cream City WI | XG | 3 |
| Duluth YMCA MN | XG | 1 |
| Dynamics MN | XG | 1 |
| Dynamics MO | XG | 1 |
| Emerge IA | XG | 1 |
| Flex WI | XG | 1 |
| Flyaways MN | XG | 1 |
| Flyaways North MN | XG | 2 |
| Infinite WI | XG | 1 |
| Iowa Gym-Nest IA | XG | 1 |
| Jam Hops Anoka MN | XG | 2 |
| Jam Hops MN | XG | 2 |
| LaFleur's WI | XG | 2 |
| Laketown Gymn MN | XG | 1 |
| M & M WI | XG | 1 |
| Metro Stars NE | XG | 3 |
| Metro Stars Elk NE | XG | 4 |
| Mid Iowa Gym | XG | 2 |
| Midwest Elite NE | XG | 1 |
| Mini Hops MN | XG | 2 |
| No Boundaries MN | XG | 1 |
| North Jr Vikings MN | XG | 1 |
| North Shore MN | XG | 2 |
| Northern Dreams MN | XG | 1 |
| Northwest Gymn MO | XG | 2 |
| OlympiaEllisville MO | XG | 1 |
| OlympiaManchester MO | XG | 1 |
| Omaha Gymn NE | XG | 2 |
| Perpetual MN | XG | 2 |
| Pioneer NE | XG | 1 |
| Revolution MN | XG | 3 |
| Rise Above NE | XG | 1 |
| Rising Star MN | XG | 1 |
| Shooting Stars MN | XG | 2 |
| Solid Rock Gymn NE | XG | 1 |
| Somersaults IA | XG | 1 |
| St. Louis Gym MO | XG | 1 |
| Strive Gymn SD | XG | 1 |
| Synergy IA | XG | 2 |

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| | | |
|----------------------|----|---|
| Team Central MO | XG | 1 |
| Team Flip Gymn IA | XG | 1 |
| Team UP WI | XG | 1 |
| TNT ND | XG | 2 |
| Triad IA | XG | 1 |
| Triniti Gymn NE | XG | 1 |
| Twin City Twister MN | XG | 5 |
| Wings Gymn SD | XG | 1 |
| Xtreme Gymn MO | XG | 1 |
| ZnZ Gymn NE | XG | 1 |

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Session Summary

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| | | | |
|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: G05 | Open Warmup 8:00 AM | March In 8:15 AM |
| XG Ch A | # Gymnasts 91 | Timed Warmup 8:15 AM | Awards 11:00 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American SD | XG | 2 |
| Authority MO | XG | 1 |
| Balance Gym MN | XG | 2 |
| Cahoy NE | XG | 1 |
| Flippers Gymn NE | XG | 3 |
| Gymsport WI | XG | 3 |
| Helix MO | XG | 1 |
| LaFleur's WI | XG | 1 |
| Legacy Gymn NE | XG | 2 |
| M & M WI | XG | 1 |
| MEGA MO | XG | 3 |
| MEGA SD | XG | 4 |
| Metro Star Maple NE | XG | 7 |
| Metro Stars NE | XG | 3 |
| Metro Stars Elk NE | XG | 2 |
| Missouri Elite MO | XG | 1 |
| MV-Jags MO | XG | 1 |
| North Jr Vikings MN | XG | 3 |
| North Shore WI | XG | 6 |
| Northern Hills SD | XG | 1 |
| Northwest Gymn MO | XG | 3 |
| OlympiaEllisville MO | XG | 3 |
| Omaha Gymn NE | XG | 5 |
| Ozark Mountain MO | XG | 1 |
| Red River ND | XG | 1 |
| Rise Above NE | XG | 1 |
| Rise Gymn SD | XG | 1 |
| Shoot fortheStars MO | XG | 2 |
| Siouxland Gymn IA | XG | 1 |
| Solid Rock Gymn NE | XG | 2 |
| Somersaults IA | XG | 2 |
| Springfield Gymn MO | XG | 1 |
| St. Louis Gym MO | XG | 1 |
| Staceys ICON MO | XG | 5 |
| Strive Gymn SD | XG | 1 |
| Synergy IA | XG | 1 |
| Team Flip Gymn IA | XG | 2 |
| Tumbles Athletic MO | XG | 1 |
| Twin City Twister MN | XG | 1 |
| V.I.P. Gymnastics | XG | 3 |
| Valley Elite IA | XG | 4 |
| Xtreme Gymn MO | XG | 1 |

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Session Summary

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| | | | |
|---------------------------------|----------------------|------------------------------|--------------------------|
| Saturday, April 18, 2026 | Session: G06 | Open Warmup 11:15 AM | March In 11:30 AM |
| XG Jr D | # Gymnasts 92 | Timed Warmup 11:30 AM | Awards 2:15 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American SD | XG | 1 |
| American Gold ND | XG | 1 |
| Bemidji Aerials MN | XG | 1 |
| Black Hawk IA | XG | 1 |
| Branson Ultimate MO | XG | 1 |
| Cedar Valley IA | XG | 1 |
| Chows Gymn IA | XG | 1 |
| Classic ChanhassenMN | XG | 1 |
| CORE Athletics | XG | 1 |
| Cream City WI | XG | 3 |
| Duluth YMCA MN | XG | 1 |
| Elite Gymn MN | XG | 2 |
| Emerge IA | XG | 1 |
| Fitnastics IA | XG | 2 |
| Flips MN | XG | 2 |
| Gleasons Gymn MN | XG | 1 |
| GT Performance MO | XG | 1 |
| Gymfinity WI | XG | 1 |
| Helix MO | XG | 1 |
| IGM Gymn MN | XG | 1 |
| Infinite WI | XG | 1 |
| Iowa Gym-Nest IA | XG | 1 |
| Jam Hops MN | XG | 2 |
| Legacy Gymn NE | XG | 1 |
| Liberty Gymnastics | XG | 1 |
| M & M WI | XG | 1 |
| MEGA MO | XG | 1 |
| MEGA SD | XG | 1 |
| Metro Star Maple NE | XG | 2 |
| Metro Stars Elk NE | XG | 2 |
| Mid Iowa Gym | XG | 2 |
| Mini Hops MN | XG | 2 |
| Missouri Elite MO | XG | 2 |
| No Boundaries MN | XG | 1 |
| North Shore MN | XG | 1 |
| Northern Hills SD | XG | 1 |
| Northwest Gymn MO | XG | 1 |
| OlympiaEllisville MO | XG | 1 |
| OlympiaManchester MO | XG | 1 |
| Omaha Gymn NE | XG | 2 |
| Perpetual MN | XG | 3 |
| Power And Grace SD | XG | 2 |
| Revolution MN | XG | 2 |
| RISE IA | XG | 2 |
| Rising Star MN | XG | 1 |
| River City Gymn SD | XG | 1 |
| Salto WI | XG | 2 |
| Somersaults IA | XG | 3 |

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| | | |
|----------------------|----|---|
| St. Louis Gym MO | XG | 1 |
| Staceys ICON MO | XG | 1 |
| Synergy IA | XG | 2 |
| Team Central MO | XG | 2 |
| Team UP WI | XG | 2 |
| TNT ND | XG | 1 |
| Triad IA | XG | 2 |
| Triniti Gymn NE | XG | 2 |
| Twin City Twister MN | XG | 5 |
| Twisters Iowa IA | XG | 1 |
| V.I.P. Gymnastics | XG | 1 |
| Wings Gymn SD | XG | 1 |
| Xtreme Gymn MO | XG | 3 |

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| | | | |
|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: G07 | Open Warmup 2:30 PM | March In 2:45 PM |
| XG Ch C | # Gymnasts 92 | Timed Warmup 2:45 PM | Awards 5:30 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| ATM MN | XG | 1 |
| Authority MO | XG | 2 |
| Balance Gym MN | XG | 1 |
| Cedar Valley IA | XG | 1 |
| Chows Gymn IA | XG | 2 |
| Classic ChanhassenMN | XG | 1 |
| Cream City WI | XG | 1 |
| Dakota Gold SD | XG | 2 |
| Dynamics MN | XG | 1 |
| Elite Gymn MN | XG | 2 |
| Fitnastics IA | XG | 1 |
| Flex WI | XG | 2 |
| Flip-Flop Gymnastics | XG | 1 |
| Flippers Gymn NE | XG | 1 |
| Flips MN | XG | 3 |
| GT Performance MO | XG | 2 |
| Gymagic Gymn ND | XG | 1 |
| Helix MO | XG | 2 |
| Infinite WI | XG | 1 |
| Iowa Gym-Nest IA | XG | 4 |
| Jump Around WI | XG | 1 |
| Lake City WI | XG | 1 |
| Lake Point MN | XG | 1 |
| Laketown Gymn MN | XG | 3 |
| Lincoln Elite NE | XG | 1 |
| MEGA SD | XG | 2 |
| Metro Star Maple NE | XG | 2 |
| Metro Stars Elk NE | XG | 1 |
| Midwest Elite NE | XG | 2 |
| Missouri Elite MO | XG | 1 |
| No Boundaries MN | XG | 1 |
| North Shore MN | XG | 1 |
| Northern Hills SD | XG | 1 |
| Northern Twistars MN | XG | 1 |
| Northwest Gymn MO | XG | 1 |
| OlympiaEllisville MO | XG | 2 |
| Omaha Gymn NE | XG | 2 |
| ONE Athletics MN | XG | 1 |
| Ozark Mountain MO | XG | 1 |
| Pioneer NE | XG | 1 |
| Platinum IA | XG | 2 |
| Prairie Fire IA | XG | 1 |
| Racine WI | XG | 1 |
| Revolution MN | XG | 1 |
| Salto WI | XG | 1 |
| Salute Gymn IA | XG | 1 |
| Siouxland Gymn IA | XG | 2 |
| Solid Rock Gymn NE | XG | 2 |

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| | | |
|----------------------|----|---|
| Spirit MN | XG | 2 |
| Staceys ICON MO | XG | 3 |
| Starz WI | XG | 2 |
| Synergy IA | XG | 2 |
| Team UP WI | XG | 2 |
| TNT ND | XG | 2 |
| Transform Academy IA | XG | 2 |
| Twin City Twister MN | XG | 3 |
| Twisters Iowa IA | XG | 1 |
| V.I.P. Gymnastics | XG | 1 |
| Xtreme Gymn MO | XG | 1 |
| ZnZ Gymn NE | XG | 1 |

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Session Summary

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| | | | |
|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: G08 | Open Warmup 5:45 PM | March In 6:00 PM |
| XG Sr B | # Gymnasts 93 | Timed Warmup 6:00 PM | Awards 8:45 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| American Gold ND | XG | 2 |
| Burlington Y IA | XG | 1 |
| Cedar Valley IA | XG | 1 |
| Chows Gymn IA | XG | 4 |
| Classic ChanhassenMN | XG | 2 |
| Classic Northwest MN | XG | 1 |
| Dakota Star ND | XG | 2 |
| Dynamic Flights MN | XG | 1 |
| Dynamics MN | XG | 3 |
| Flip-Flop Gymnastics | XG | 2 |
| Flippers Gymn NE | XG | 1 |
| Flyaways MN | XG | 1 |
| Gleasons Gymn MN | XG | 2 |
| Gymagic Gymn ND | XG | 2 |
| Gymfinity WI | XG | 3 |
| IGM Gymn MN | XG | 1 |
| Infinite Starz IA | XG | 1 |
| Jam Hops Anoka MN | XG | 1 |
| Jam Hops MN | XG | 2 |
| Lake City WI | XG | 3 |
| Lake Point MN | XG | 1 |
| Legacy Gymn NE | XG | 2 |
| Liberty Gymnastics | XG | 1 |
| M & M WI | XG | 2 |
| MEGA MO | XG | 1 |
| Metro Stars NE | XG | 1 |
| Metro Stars Elk NE | XG | 3 |
| Midwest Elite NE | XG | 1 |
| Mini Hops MN | XG | 1 |
| Missouri Elite MO | XG | 1 |
| Moxie Gymn MO | XG | 1 |
| North Crest MN | XG | 1 |
| North Shore MN | XG | 2 |
| North Shore WI | XG | 1 |
| Olympia Festus MO | XG | 1 |
| OlympiaEllisville MO | XG | 2 |
| OlympiaManchester MO | XG | 2 |
| Omaha Gymn NE | XG | 1 |
| Perpetual MN | XG | 2 |
| Pioneer NE | XG | 1 |
| Revolution MN | XG | 1 |
| RISE IA | XG | 1 |
| Rising Star MN | XG | 1 |
| Salto WI | XG | 1 |
| Shooting Stars MN | XG | 1 |
| Siouxland Gymn IA | XG | 1 |
| Somersaults IA | XG | 1 |
| St. Louis Gym MO | XG | 3 |

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| | | |
|----------------------|----|---|
| Starz WI | XG | 1 |
| Swiss WI | XG | 1 |
| Team Central MO | XG | 2 |
| TNT ND | XG | 1 |
| Tri County WI | XG | 1 |
| Triad IA | XG | 1 |
| Trinity Gymn NE | XG | 2 |
| Tumbles Athletic MO | XG | 2 |
| Twin City Twister MN | XG | 4 |
| Twisters Iowa IA | XG | 2 |
| V.I.P. Gymnastics | XG | 1 |
| Xtreme Gymn MO | XG | 1 |

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Session Summary

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Sunday, April 19, 2026 | Session: G09 | Open Warmup 8:00 AM | March In 8:15 AM |
| XG Ch B | # Gymnasts 92 | Timed Warmup 8:15 AM | Awards 11:00 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| American Gold ND | XG | 2 |
| Authority MO | XG | 1 |
| Balance Gym MN | XG | 2 |
| Bemidji Aerials MN | XG | 1 |
| Branson Ultimate MO | XG | 1 |
| Cahoy NE | XG | 1 |
| Carousel WI | XG | 1 |
| Chows Gymn IA | XG | 2 |
| Classic ChanhassenMN | XG | 3 |
| Dakota Gold SD | XG | 1 |
| Dubuque Gymn IA | XG | 1 |
| Dynamics MO | XG | 2 |
| Flex WI | XG | 2 |
| Flippers Gymn NE | XG | 2 |
| Flips MN | XG | 1 |
| Gymsport WI | XG | 2 |
| Jam Hops Anoka MN | XG | 1 |
| Jam Hops MN | XG | 1 |
| LaFleur's WI | XG | 1 |
| Lake Point MN | XG | 1 |
| M & M WI | XG | 1 |
| MEGA SD | XG | 2 |
| Metro Star Maple NE | XG | 2 |
| Metro Stars NE | XG | 1 |
| Metro Stars Elk NE | XG | 1 |
| Mid Iowa Gym | XG | 1 |
| Mini Hops MN | XG | 3 |
| Moxie Gymn MO | XG | 1 |
| North Shore MN | XG | 2 |
| North Shore WI | XG | 3 |
| Northwest Gymn MO | XG | 3 |
| OlympiaEllisville MO | XG | 5 |
| OlympiaManchester MO | XG | 1 |
| Omaha Gymn NE | XG | 3 |
| ONE Athletics MN | XG | 2 |
| Ozark Mountain MO | XG | 1 |
| Pioneer NE | XG | 2 |
| Prairie Fire IA | XG | 1 |
| Red River ND | XG | 1 |
| Rise Above NE | XG | 1 |
| River City Gymn SD | XG | 1 |
| Siouxland Gymn IA | XG | 1 |
| Solid Rock Gymn NE | XG | 1 |
| Somersaults IA | XG | 1 |
| Spirit MN | XG | 1 |
| Springfield Gymn MO | XG | 1 |
| Staceys ICON MO | XG | 4 |
| Synergy IA | XG | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | |
|----------------------|----|---|
| Team Flip Gymn IA | XG | 1 |
| Triniti Gymn NE | XG | 1 |
| Tumbles Athletic MO | XG | 3 |
| Twin City Twister MN | XG | 3 |
| Twisters Iowa IA | XG | 2 |
| Xtreme Gymn MO | XG | 4 |
| ZnZ Gymn NE | XG | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|-------------------------------|----------------------|------------------------------|--------------------------|
| Sunday, April 19, 2026 | Session: G10 | Open Warmup 11:15 AM | March In 11:30 AM |
| XG Jr C | # Gymnasts 93 | Timed Warmup 11:30 AM | Awards 2:15 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| American Gold ND | XG | 2 |
| Bemidji Aerials MN | XG | 1 |
| Burlington Y IA | XG | 1 |
| Cedar Valley IA | XG | 1 |
| Chows Gymn IA | XG | 1 |
| Classic Savage MN | XG | 1 |
| Dynamic Flights MN | XG | 2 |
| Dynamics MN | XG | 1 |
| Elite Gymn MN | XG | 1 |
| Emerge IA | XG | 1 |
| Flippers Gymn NE | XG | 2 |
| Flyaways MN | XG | 2 |
| Gleasons Gymn MN | XG | 1 |
| GT Performance MO | XG | 1 |
| Gymfinity WI | XG | 4 |
| Helix MO | XG | 1 |
| IGM Gymn MN | XG | 1 |
| Infinite WI | XG | 2 |
| Iowa Gym-Nest IA | XG | 2 |
| Jam Hops Anoka MN | XG | 1 |
| Jam Hops MN | XG | 3 |
| Jump Around WI | XG | 3 |
| Legacy Gymn NE | XG | 1 |
| M & M WI | XG | 1 |
| Metro Stars Elk NE | XG | 2 |
| Mid Iowa Gym | XG | 2 |
| Mini Hops MN | XG | 3 |
| North Crest MN | XG | 2 |
| North Jr Vikings MN | XG | 1 |
| Northern Hills SD | XG | 1 |
| Northwest Gymn MO | XG | 3 |
| OlympiaEllisville MO | XG | 1 |
| Omaha Gymn NE | XG | 1 |
| ONE Athletics MN | XG | 3 |
| Panhandle Gym NE | XG | 1 |
| Perpetual MN | XG | 2 |
| Pioneer NE | XG | 1 |
| Prairie Fire IA | XG | 1 |
| Red River ND | XG | 1 |
| Revolution MN | XG | 4 |
| Rise Above NE | XG | 1 |
| River City Gymn SD | XG | 1 |
| Salto WI | XG | 1 |
| Shooting Stars MN | XG | 1 |
| Sokol Gymn NE | XG | 3 |
| Spirit MN | XG | 2 |
| Staceys ICON MO | XG | 1 |
| Starz WI | XG | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

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| | | |
|----------------------|----|---|
| Synergy IA | XG | 1 |
| The GK Blaze IA | XG | 1 |
| Three Rivers ND | XG | 1 |
| TNT ND | XG | 1 |
| Transform Academy IA | XG | 1 |
| Triad IA | XG | 1 |
| Trinity Gymn NE | XG | 1 |
| Twin City Twister MN | XG | 5 |
| V.I.P. Gymnastics | XG | 1 |
| Xtreme Gymn MO | XG | 3 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|---|---|---|---|
| Friday, April 17, 2026 XD Sr B & XSA All | Session: P01 # Gymnasts 55 | Open Warmup 8:00 AM Timed Warmup 8:15 AM | March In 8:15 AM Awards 11:00 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|-----|---|
| Altius WI | XSA | 3 |
| American Gold ND | XD | 1 |
| Carousel WI | XSA | 1 |
| Chows Gymn IA | XSA | 1 |
| Classic ChanhassenMN | XSA | 2 |
| Classic Savage MN | XD | 2 |
| Classic Savage MN | XSA | 2 |
| Elite Gymn MN | XSA | 1 |
| Evolve Gymn IA | XSA | 1 |
| Fitnastics IA | XD | 1 |
| Flex WI | XSA | 1 |
| Flips MN | XSA | 3 |
| GT Performance MO | XD | 1 |
| Gymfinity WI | XSA | 1 |
| Helix MO | XSA | 2 |
| IGM Gymn MN | XD | 1 |
| Infinite WI | XD | 1 |
| Jam Hops MN | XSA | 1 |
| Laketown Gymn MN | XSA | 1 |
| Legacy Gymn NE | XD | 1 |
| Mankato Gymn MN | XD | 1 |
| MEGA SD | XSA | 1 |
| Mid Iowa Gym | XD | 2 |
| Mini Hops MN | XSA | 2 |
| North Crest MN | XSA | 2 |
| North Shore WI | XSA | 2 |
| Northern Twistars MN | XD | 1 |
| Olympia MidRivers MO | XD | 1 |
| Omaha Gymn NE | XD | 1 |
| Platinum IA | XD | 1 |
| Revolution MN | XD | 1 |
| St. Louis Gym MO | XSA | 2 |
| Synergy IA | XSA | 3 |
| TAGS Eden MN | XD | 1 |
| Tiger Gymn MO | XD | 1 |
| Trinity Gymn NE | XD | 1 |
| Twin City Twister MN | XSA | 3 |
| Twisters Iowa IA | XD | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|-------------------------------|----------------------|------------------------------|--------------------------|
| Friday, April 17, 2026 | Session: P02 | Open Warmup 11:15 AM | March In 11:30 AM |
| XD Sr A | # Gymnasts 63 | Timed Warmup 11:30 AM | Awards 2:30 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Altius WI | XD | 1 |
| American Gold ND | XD | 1 |
| Black Hawk IA | XD | 1 |
| Carousel WI | XD | 1 |
| Chows Gymn IA | XD | 1 |
| Classic ChanhassenMN | XD | 2 |
| Classic Savage MN | XD | 2 |
| CORE Athletics | XD | 1 |
| Eagles MO | XD | 1 |
| Fitnastics IA | XD | 1 |
| Flex WI | XD | 1 |
| Flips MN | XD | 2 |
| Gymfinity WI | XD | 1 |
| Iowa Gym-Nest IA | XD | 1 |
| Jam Hops MN | XD | 1 |
| Jump Around WI | XD | 2 |
| LaFleur's WI | XD | 1 |
| Laketown Gymn MN | XD | 3 |
| Legacy Gymn NE | XD | 1 |
| MEGA MO | XD | 1 |
| Mini Hops MN | XD | 1 |
| Missouri Elite MO | XD | 1 |
| North Shore MN | XD | 1 |
| North Shore WI | XD | 1 |
| Northern Twistars MN | XD | 1 |
| Olympia MidRivers MO | XD | 1 |
| Omaha Gymn NE | XD | 1 |
| Planet Gymn MO | XD | 1 |
| Power And Grace SD | XD | 1 |
| Rebel Gymn MN | XD | 2 |
| Revolution MN | XD | 2 |
| Rising Star MN | XD | 1 |
| Salute Gymn IA | XD | 1 |
| Siouxland Gymn IA | XD | 2 |
| Somersaults IA | XD | 2 |
| Springfield Gymn MO | XD | 1 |
| St. Louis Gym MO | XD | 2 |
| TAGS Eden MN | XD | 4 |
| Team Central MO | XD | 1 |
| Tiger Gymn MO | XD | 1 |
| Tri County WI | XD | 1 |
| Triad IA | XD | 1 |
| Twin City Twister MN | XD | 5 |
| Twin Ports WI | XD | 1 |
| Xtreme Gymn MO | XD | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Friday, April 17, 2026 | Session: P03 | Open Warmup 2:45 PM | March In 3:00 PM |
| XD Jr B | # Gymnasts 63 | Timed Warmup 3:00 PM | Awards 6:00 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Altius WI | XD | 2 |
| Cedar Valley IA | XD | 1 |
| Chows Gymn IA | XD | 1 |
| Classic ChanhassenMN | XD | 3 |
| Classic Savage MN | XD | 1 |
| CORE Athletics | XD | 1 |
| Cream City WI | XD | 3 |
| Elite Gymn MN | XD | 2 |
| Flex WI | XD | 2 |
| Flips MN | XD | 1 |
| Flyaways MN | XD | 1 |
| IGM Gymn MN | XD | 1 |
| Infinite WI | XD | 1 |
| Jam Hops MN | XD | 1 |
| Jump Around WI | XD | 2 |
| Laketown Gymn MN | XD | 2 |
| Legacy MN | XD | 2 |
| Mid Iowa Gym | XD | 3 |
| No Boundaries MN | XD | 1 |
| North Crest MN | XD | 1 |
| Northern Twisters MN | XD | 2 |
| OlympiaEllisville MO | XD | 1 |
| Omaha Gymn NE | XD | 1 |
| ONE Athletics MN | XD | 2 |
| Ozark Mountain MO | XD | 1 |
| Rebel Gymn MN | XD | 1 |
| Red River ND | XD | 1 |
| RISE IA | XD | 1 |
| Shooting Stars MN | XD | 1 |
| Show Me Gymn MO | XD | 2 |
| Siouxland Gymn IA | XD | 1 |
| Spirit MN | XD | 2 |
| St. Louis Gym MO | XD | 3 |
| Team UP WI | XD | 2 |
| Transform Academy IA | XD | 1 |
| Tri County WI | XD | 1 |
| Twin City Twister MN | XD | 3 |
| Twisters Iowa IA | XD | 1 |
| WCGC WI | XD | 2 |
| ZnZ Gymn NE | XD | 2 |

2026 R4 Xcel Regionals Siouxland

Session Summary

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| | | | |
|---|---|---|--|
| Friday, April 17, 2026 XD Jr C | Session: P04 # Gymnasts 61 | Open Warmup 6:15 PM Timed Warmup 6:30 PM | March In 6:30 PM Awards 9:30 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Authority MO | XD | 1 |
| Balance Gym MN | XD | 1 |
| Carousel WI | XD | 2 |
| Classic ChanhassenMN | XD | 3 |
| Classic Savage MN | XD | 1 |
| Flips MN | XD | 1 |
| Flyaways MN | XD | 5 |
| Helix MO | XD | 1 |
| Iowa Gym-Nest IA | XD | 1 |
| Jump Around WI | XD | 4 |
| Laketown Gymn MN | XD | 4 |
| M & M WI | XD | 2 |
| Mini Hops MN | XD | 3 |
| Missouri Elite MO | XD | 1 |
| North Crest MN | XD | 1 |
| North Shore MN | XD | 1 |
| North Shore WI | XD | 1 |
| Northern Twistars MN | XD | 1 |
| Northwest Gymn MO | XD | 1 |
| Omaha Gymn NE | XD | 1 |
| Planet Gymn MO | XD | 1 |
| Power And Grace SD | XD | 1 |
| Rebel Gymn MN | XD | 1 |
| Red River ND | XD | 1 |
| Revolution MN | XD | 1 |
| Rising Star MN | XD | 4 |
| Show Me Gymn MO | XD | 1 |
| Somersaults IA | XD | 1 |
| St. Louis Gym MO | XD | 1 |
| TAGS Eden MN | XD | 2 |
| Team Central MO | XD | 1 |
| TNT ND | XD | 1 |
| Twin City Twister MN | XD | 6 |
| Wings Gymn SD | XD | 2 |
| Xtreme Gymn MO | XD | 1 |

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Session Summary

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| | | | |
|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: P05 | Open Warmup 8:00 AM | March In 8:15 AM |
| XD Jr A | # Gymnasts 63 | Timed Warmup 8:15 AM | Awards 11:15 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Air Force WI | XD | 1 |
| Altius WI | XD | 1 |
| Authority MO | XD | 4 |
| Badger WI | XD | 1 |
| Balance Gym MN | XD | 1 |
| Bemidji Aerials MN | XD | 2 |
| Chows Gymn IA | XD | 1 |
| Classic ChanhassenMN | XD | 2 |
| Classic Savage MN | XD | 4 |
| CORE Athletics | XD | 1 |
| Cream City WI | XD | 1 |
| Emerge IA | XD | 2 |
| Flex WI | XD | 3 |
| Flips MN | XD | 1 |
| Flyaways MN | XD | 1 |
| Gymsport WI | XD | 1 |
| Helix MO | XD | 1 |
| IGM Gymn MN | XD | 1 |
| Mid Iowa Gym | XD | 2 |
| Mini Hops MN | XD | 1 |
| North Crest MN | XD | 1 |
| North Shore MN | XD | 2 |
| Northern Twistars MN | XD | 1 |
| Northwest Gymn MO | XD | 2 |
| OlympiaManchester MO | XD | 1 |
| Omaha Gymn NE | XD | 1 |
| ONE Athletics MN | XD | 2 |
| Ozark Mountain MO | XD | 2 |
| Planet Gymn MO | XD | 1 |
| Rebel Gymn MN | XD | 3 |
| Rising Star MN | XD | 1 |
| RiverTownTwisters WI | XD | 1 |
| Synergy IA | XD | 2 |
| Team Flip Gymn IA | XD | 1 |
| Team UP WI | XD | 1 |
| Triad IA | XD | 1 |
| Twin City Twister MN | XD | 4 |
| Twisters Iowa IA | XD | 3 |
| Xtreme Gymn MO | XD | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|---------------------------------|----------------------|------------------------------|--------------------------|
| Saturday, April 18, 2026 | Session: P06 | Open Warmup 11:30 AM | March In 11:45 AM |
| XS Sr A | # Gymnasts 85 | Timed Warmup 11:45 AM | Awards 2:00 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American SD | XS | 2 |
| American Gold ND | XS | 1 |
| Authority MO | XS | 4 |
| Branson Ultimate MO | XS | 1 |
| Capital WI | XS | 1 |
| Cedar Valley IA | XS | 1 |
| Classic Savage MN | XS | 2 |
| Double Dutch IA | XS | 1 |
| Duluth YMCA MN | XS | 1 |
| Fitnastics IA | XS | 3 |
| Flippers Gymn NE | XS | 1 |
| Flyaways North MN | XS | 3 |
| Granite City MN | XS | 1 |
| GT Performance MO | XS | 1 |
| Gymsport WI | XS | 1 |
| Infinite Starz IA | XS | 1 |
| Infinite WI | XS | 1 |
| Lake City WI | XS | 1 |
| Legacy Gymn NE | XS | 1 |
| M & M WI | XS | 3 |
| MEGA MO | XS | 2 |
| Metro Star Maple NE | XS | 2 |
| Metro Stars NE | XS | 2 |
| Metro Stars Elk NE | XS | 1 |
| MGP Gymn MO | XS | 1 |
| Midwest Elite NE | XS | 1 |
| MV-Jags MO | XS | 1 |
| North Shore WI | XS | 3 |
| Olympia Festus MO | XS | 1 |
| OlympiaManchester MO | XS | 1 |
| ONE Athletics MN | XS | 3 |
| Pioneer NE | XS | 1 |
| Planet Gymn MO | XS | 2 |
| Platinum IA | XS | 2 |
| Prairie Fire IA | XS | 1 |
| Red River ND | XS | 2 |
| Rise Above NE | XS | 4 |
| River City Gymn SD | XS | 1 |
| Salto WI | XS | 2 |
| Salute Gymn IA | XS | 1 |
| Siouxland Gymn IA | XS | 1 |
| Solid Rock Gymn NE | XS | 2 |
| Springfield Gymn MO | XS | 2 |
| Synergy IA | XS | 1 |
| Team Central MO | XS | 2 |
| Team Flip Gymn IA | XS | 1 |
| Team UP WI | XS | 1 |
| TNT ND | XS | 2 |

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| | | |
|----------------------|----|---|
| Transform Academy IA | XS | 1 |
| Triad IA | XS | 2 |
| Tumbles Athletic MO | XS | 2 |
| Twin Ports WI | XS | 2 |
| Xtreme Gymn MO | XS | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: P07 | Open Warmup 2:15 PM | March In 2:30 PM |
| XS Jr C | # Gymnasts 87 | Timed Warmup 2:30 PM | Awards 4:45 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Achieve Gym WI | XS | 1 |
| All American SD | XS | 2 |
| American Gold ND | XS | 6 |
| Authority MO | XS | 1 |
| Black Hawk IA | XS | 1 |
| Cahoy NE | XS | 1 |
| Capital WI | XS | 2 |
| Classic Savage MN | XS | 1 |
| Club Gymspiration WI | XS | 1 |
| Duluth YMCA MN | XS | 2 |
| Dynamic Flights MN | XS | 1 |
| Flippers Gymn NE | XS | 2 |
| Flyaways North MN | XS | 2 |
| Gymagic Gymn ND | XS | 1 |
| Infinite WI | XS | 2 |
| Jump Around WI | XS | 5 |
| LaFleur's WI | XS | 3 |
| Legacy Gymn NE | XS | 1 |
| Legends MO | XS | 1 |
| Lincoln Elite NE | XS | 1 |
| MEGA MO | XS | 1 |
| Metro Stars NE | XS | 1 |
| Metro Stars Elk NE | XS | 3 |
| Midwest Elite NE | XS | 2 |
| North Shore WI | XS | 1 |
| Northern Hills SD | XS | 3 |
| Olympia Festus MO | XS | 1 |
| Olympia Rock Hill MO | XS | 2 |
| OlympiaManchester MO | XS | 1 |
| Ozark Mountain MO | XS | 1 |
| Pioneer NE | XS | 3 |
| Prairie Fire IA | XS | 1 |
| Racine WI | XS | 1 |
| RISE IA | XS | 1 |
| Rise Above NE | XS | 1 |
| River City Gymn SD | XS | 1 |
| Salto WI | XS | 2 |
| Salute Gymn IA | XS | 1 |
| Siouxland Gymn IA | XS | 2 |
| Solid Rock Gymn NE | XS | 1 |
| Somersaults IA | XS | 2 |
| Springfield Gymn MO | XS | 1 |
| Synergy IA | XS | 3 |
| Team Flip Gymn IA | XS | 1 |
| The GK Blaze IA | XS | 1 |
| TNT ND | XS | 1 |
| Tri County WI | XS | 1 |
| Triad IA | XS | 2 |

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Session Summary

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| | | |
|---------------------|----|---|
| Tumbles Athletic MO | XS | 2 |
| Valley Elite IA | XS | 2 |
| Xtreme Gymn MO | XS | 4 |

| | | | |
|---------------------------------|----------------------|-----------------------------|-------------------------|
| Saturday, April 18, 2026 | Session: P08 | Open Warmup 5:00 PM | March In 5:15 PM |
| XS Sr D | # Gymnasts 84 | Timed Warmup 5:15 PM | Awards 7:30 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American SD | XS | 4 |
| American Gold ND | XS | 3 |
| ATM MN | XS | 1 |
| Authority MO | XS | 2 |
| Black Hawk IA | XS | 2 |
| Capital WI | XS | 3 |
| Carousel WI | XS | 1 |
| Carrington Gym ND | XS | 1 |
| Cedar Valley IA | XS | 3 |
| Classic Savage MN | XS | 1 |
| Club Gymspiration WI | XS | 1 |
| Dakota Gold SD | XS | 1 |
| Double Dutch IA | XS | 1 |
| Duluth YMCA MN | XS | 3 |
| Dynamic Flights MN | XS | 2 |
| EDGE Gymn MO | XS | 1 |
| Flippers Gymn NE | XS | 1 |
| Flyaways North MN | XS | 1 |
| Gymagic Gymn ND | XS | 2 |
| Infinite WI | XS | 1 |
| Jump Around WI | XS | 1 |
| LaFleur's WI | XS | 1 |
| Lake City WI | XS | 1 |
| Legends MO | XS | 1 |
| Liberty Gymnastics | XS | 2 |
| M & M WI | XS | 2 |
| Metro Star Maple NE | XS | 2 |
| Metro Stars NE | XS | 2 |
| Metro Stars Elk NE | XS | 2 |
| Olympia Festus MO | XS | 2 |
| Olympia Rock Hill MO | XS | 3 |
| OlympiaEllisville MO | XS | 2 |
| Rise Above NE | XS | 1 |
| River City Gymn SD | XS | 3 |
| RiverTownTwisters WI | XS | 1 |
| Salto WI | XS | 1 |
| Somersaults IA | XS | 3 |
| Team Central MO | XS | 1 |
| Team UP WI | XS | 2 |
| TNT ND | XS | 3 |
| Tri County WI | XS | 3 |
| Triad IA | XS | 8 |
| Tumbles Athletic MO | XS | 1 |
| Xtreme Gymn MO | XS | 1 |

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Session Summary

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| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Sunday, April 19, 2026 | Session: P09 | Open Warmup 8:00 AM | March In 8:15 AM |
| XS Jr A | # Gymnasts 88 | Timed Warmup 8:15 AM | Awards 10:30 AM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|----|
| Achieve Gym WI | XS | 1 |
| All American SD | XS | 1 |
| Authority MO | XS | 5 |
| Cahoy NE | XS | 1 |
| Classic Savage MN | XS | 1 |
| Dubuque Gymn IA | XS | 1 |
| Eagle IA | XS | 1 |
| Flippers Gymn NE | XS | 1 |
| Flyaways North MN | XS | 1 |
| Granite City MN | XS | 2 |
| Gymagic Gymn ND | XS | 1 |
| Gymsport WI | XS | 1 |
| Jump Around WI | XS | 3 |
| LaFleur's WI | XS | 1 |
| Legacy Gymn NE | XS | 3 |
| Liberty Gymnastics | XS | 2 |
| Lincoln Elite NE | XS | 1 |
| M & M WI | XS | 5 |
| MEGA MO | XS | 3 |
| Metro Star Maple NE | XS | 2 |
| Metro Stars NE | XS | 1 |
| MGP Gymn MO | XS | 2 |
| Midwest Elite NE | XS | 1 |
| North Shore WI | XS | 11 |
| OlympiaEllisville MO | XS | 6 |
| OlympiaManchester MO | XS | 1 |
| ONE Athletics MN | XS | 3 |
| Ozark Mountain MO | XS | 1 |
| Planet Gymn MO | XS | 2 |
| Platinum IA | XS | 2 |
| Prairie Fire IA | XS | 1 |
| RISE IA | XS | 2 |
| River City Gymn SD | XS | 1 |
| Ruby Gymn IA | XS | 1 |
| Salute Gymn IA | XS | 3 |
| Solid Rock Gymn NE | XS | 1 |
| Synergy IA | XS | 1 |
| Team Flip Gymn IA | XS | 2 |
| Three Rivers ND | XS | 1 |
| Transform Academy IA | XS | 1 |
| Twin Ports WI | XS | 1 |
| Twisters Iowa IA | XS | 1 |
| Valley Elite IA | XS | 1 |
| Wings Gymn SD | XS | 1 |
| Xtreme Gymn MO | XS | 3 |

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Session Summary

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| | | | |
|-------------------------------|----------------------|------------------------------|--------------------------|
| Sunday, April 19, 2026 | Session: P10 | Open Warmup 10:45 AM | March In 11:00 AM |
| XS Jr D | # Gymnasts 88 | Timed Warmup 11:00 AM | Awards 1:15 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| Achieve Gym WI | XS | 1 |
| All American SD | XS | 1 |
| American Gold ND | XS | 1 |
| ATM MN | XS | 1 |
| Authority MO | XS | 4 |
| Branson Ultimate MO | XS | 1 |
| Cahoy NE | XS | 1 |
| Capital WI | XS | 1 |
| Cedar Valley IA | XS | 1 |
| Classic Savage MN | XS | 2 |
| Duluth YMCA MN | XS | 1 |
| Dynamic Flights MN | XS | 1 |
| Eagle IA | XS | 1 |
| Flippers Gymn NE | XS | 1 |
| Flyaways North MN | XS | 2 |
| Gymagic Gymn ND | XS | 1 |
| Infinite Starz IA | XS | 1 |
| Infinite WI | XS | 1 |
| Jump Around WI | XS | 5 |
| LaFleur's WI | XS | 2 |
| Lake City WI | XS | 2 |
| Legacy Gymn NE | XS | 1 |
| Liberty Gymnastics | XS | 1 |
| M & M WI | XS | 1 |
| MEGA MO | XS | 2 |
| Metro Stars NE | XS | 4 |
| Metro Stars Elk NE | XS | 3 |
| MGP Gymn MO | XS | 1 |
| North Shore WI | XS | 2 |
| Northern Hills SD | XS | 1 |
| Olympia Festus MO | XS | 2 |
| Olympia Rock Hill MO | XS | 1 |
| OlympiaEllisville MO | XS | 2 |
| ONE Athletics MN | XS | 2 |
| Pioneer NE | XS | 1 |
| Planet Gymn MO | XS | 1 |
| Prairie Fire IA | XS | 1 |
| RISE IA | XS | 1 |
| Rise Above NE | XS | 1 |
| River City Gymn SD | XS | 2 |
| RiverTownTwisters WI | XS | 1 |
| Ruby Gymn IA | XS | 1 |
| Salto WI | XS | 1 |
| Salute Gymn IA | XS | 2 |
| Solid Rock Gymn NE | XS | 1 |
| Somersaults IA | XS | 2 |
| Springfield Gymn MO | XS | 1 |
| Strive Gymn SD | XS | 1 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | |
|----------------------|----|---|
| Team Central MO | XS | 1 |
| Team UP WI | XS | 1 |
| The GK Blaze IA | XS | 1 |
| TNT ND | XS | 2 |
| Transform Academy IA | XS | 1 |
| Tri County WI | XS | 3 |
| Tumbles Athletic MO | XS | 1 |
| Twin Ports WI | XS | 1 |
| Twisters Iowa IA | XS | 3 |
| Xtreme Gymn MO | XS | 2 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

| | | | |
|-------------------------------|----------------------|-----------------------------|-------------------------|
| Sunday, April 19, 2026 | Session: P11 | Open Warmup 1:30 PM | March In 1:45 PM |
| XS Jr B | # Gymnasts 87 | Timed Warmup 1:45 PM | Awards 4:00 PM |
| Gym | Level | # Gymnasts | |

| | | |
|----------------------|----|---|
| All American SD | XS | 5 |
| American Gold ND | XS | 1 |
| Authority MO | XS | 3 |
| Branson Ultimate MO | XS | 1 |
| Cedar Valley IA | XS | 1 |
| Classic Savage MN | XS | 3 |
| Dakota Gold SD | XS | 1 |
| Dubuque Gymn IA | XS | 1 |
| Duluth YMCA MN | XS | 1 |
| Fitnastics IA | XS | 1 |
| Flippers Gymn NE | XS | 1 |
| Flyaways North MN | XS | 3 |
| Granite City MN | XS | 1 |
| GymHawks WI | XS | 1 |
| Infinite WI | XS | 1 |
| Jump Around WI | XS | 4 |
| LaFleur's WI | XS | 3 |
| Lake City WI | XS | 1 |
| Legacy Gymn NE | XS | 1 |
| Legends MO | XS | 1 |
| Mankato Gymn MN | XS | 1 |
| Metro Star Maple NE | XS | 2 |
| Metro Stars NE | XS | 4 |
| Midwest Elite NE | XS | 1 |
| MV-Jags MO | XS | 1 |
| North Shore WI | XS | 4 |
| Northern Hills SD | XS | 1 |
| OlympiaEllisville MO | XS | 1 |
| OlympiaManchester MO | XS | 1 |
| ONE Athletics MN | XS | 4 |
| Pioneer NE | XS | 2 |
| Prairie Fire IA | XS | 2 |
| Red River ND | XS | 2 |
| RISE IA | XS | 1 |
| Rise Above NE | XS | 1 |
| River City Gymn SD | XS | 2 |
| Ruby Gymn IA | XS | 1 |
| Salto WI | XS | 1 |
| Solid Rock Gymn NE | XS | 2 |
| Springfield Gymn MO | XS | 1 |
| Strive Gymn SD | XS | 1 |
| Synergy IA | XS | 2 |
| Team Central MO | XS | 3 |
| Team Flip Gymn IA | XS | 3 |
| Team UP WI | XS | 1 |
| Transform Academy IA | XS | 1 |
| Triad IA | XS | 1 |
| Valley Elite IA | XS | 2 |

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

Xtreme Gymn MO

XS

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