

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

Friday, April 17, 2026 XP Sr D	Session: B01 # Gymnasts 77	Open Warmup 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 11:00 AM
Friday, April 17, 2026 XP Sr A	Session: B02 # Gymnasts 75	Open Warmup 11:15 AM Timed Warmup 11:30 AM	March In 11:30 AM Awards 2:15 PM
Friday, April 17, 2026 XP Sr C	Session: B03 # Gymnasts 73	Open Warmup 2:30 PM Timed Warmup 2:45 PM	March In 2:45 PM Awards 5:30 PM
Friday, April 17, 2026 XP Jr D	Session: B04 # Gymnasts 76	Open Warmup 5:45 PM Timed Warmup 6:00 PM	March In 6:00 PM Awards 8:45 PM
Saturday, April 18, 2026 XP Jr B	Session: B05 # Gymnasts 74	Open Warmup 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 11:00 AM
Saturday, April 18, 2026 XP Jr C	Session: B06 # Gymnasts 73	Open Warmup 11:15 AM Timed Warmup 11:30 AM	March In 11:30 AM Awards 2:15 PM
Saturday, April 18, 2026 XP Jr A	Session: B07 # Gymnasts 75	Open Warmup 2:30 PM Timed Warmup 2:45 PM	March In 2:45 PM Awards 5:30 PM
Saturday, April 18, 2026 XP Jr E	Session: B08 # Gymnasts 76	Open Warmup 5:45 PM Timed Warmup 6:00 PM	March In 6:00 PM Awards 8:45 PM
Sunday, April 19, 2026 XP Sr B	Session: B09 # Gymnasts 75	Open Warmup 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 11:00 AM
Sunday, April 19, 2026 XS Sr C	Session: B10 # Gymnasts 86	Open Warmup 11:15 AM Timed Warmup 11:30 AM	March In 11:30 AM Awards 1:45 PM
Sunday, April 19, 2026 XS Sr B	Session: B11 # Gymnasts 87	Open Warmup 2:00 PM Timed Warmup 2:15 PM	March In 2:15 PM Awards 4:30 PM
Friday, April 17, 2026 XG Sr C	Session: G01 # Gymnasts 93	Open Warmup 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 11:00 AM
Friday, April 17, 2026 XG Sr A	Session: G02 # Gymnasts 93	Open Warmup 11:15 AM Timed Warmup 11:30 AM	March In 11:30 AM Awards 2:15 PM
Friday, April 17, 2026 XG Jr A	Session: G03 # Gymnasts 91	Open Warmup 2:30 PM Timed Warmup 2:45 PM	March In 2:45 PM Awards 5:30 PM
Friday, April 17, 2026 XG Jr B	Session: G04 # Gymnasts 90	Open Warmup 5:45 PM Timed Warmup 6:00 PM	March In 6:00 PM Awards 8:45 PM
Saturday, April 18, 2026 XG Ch A	Session: G05 # Gymnasts 91	Open Warmup 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 11:00 AM
Saturday, April 18, 2026 XG Jr D	Session: G06 # Gymnasts 92	Open Warmup 11:15 AM Timed Warmup 11:30 AM	March In 11:30 AM Awards 2:15 PM
Saturday, April 18, 2026 XG Ch C	Session: G07 # Gymnasts 92	Open Warmup 2:30 PM Timed Warmup 2:45 PM	March In 2:45 PM Awards 5:30 PM
Saturday, April 18, 2026 XG Sr B	Session: G08 # Gymnasts 93	Open Warmup 5:45 PM Timed Warmup 6:00 PM	March In 6:00 PM Awards 8:45 PM
Sunday, April 19, 2026 XG Ch B	Session: G09 # Gymnasts 92	Open Warmup 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 11:00 AM
Sunday, April 19, 2026 XG Jr C	Session: G10 # Gymnasts 93	Open Warmup 11:15 AM Timed Warmup 11:30 AM	March In 11:30 AM Awards 2:15 PM
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
Friday, April 17, 2026 XD Sr A	Session: P02 # Gymnasts 63	Open Warmup 11:15 AM Timed Warmup 11:30 AM	March In 11:30 AM Awards 2:30 PM

2026 R4 Xcel Regionals Siouxland

Session Summary

Apr 17-19, 2026

Friday, April 17, 2026 XD Jr B	Session: P03 # Gymnasts 63	Open Warmup 2:45 PM Timed Warmup 3:00 PM	March In 3:00 PM Awards 6:00 PM
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
Saturday, April 18, 2026 XD Jr A	Session: P05 # Gymnasts 63	Open Warmup 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 11:15 AM
Saturday, April 18, 2026 XS Sr A	Session: P06 # Gymnasts 85	Open Warmup 11:30 AM Timed Warmup 11:45 AM	March In 11:45 AM Awards 2:00 PM
Saturday, April 18, 2026 XS Jr C	Session: P07 # Gymnasts 87	Open Warmup 2:15 PM Timed Warmup 2:30 PM	March In 2:30 PM Awards 4:45 PM
Saturday, April 18, 2026 XS Sr D	Session: P08 # Gymnasts 84	Open Warmup 5:00 PM Timed Warmup 5:15 PM	March In 5:15 PM Awards 7:30 PM
Sunday, April 19, 2026 XS Jr A	Session: P09 # Gymnasts 88	Open Warmup 8:00 AM Timed Warmup 8:15 AM	March In 8:15 AM Awards 10:30 AM
Sunday, April 19, 2026 XS Jr D	Session: P10 # Gymnasts 88	Open Warmup 10:45 AM Timed Warmup 11:00 AM	March In 11:00 AM Awards 1:15 PM
Sunday, April 19, 2026 XS Jr B	Session: P11 # Gymnasts 87	Open Warmup 1:30 PM Timed Warmup 1:45 PM	March In 1:45 PM Awards 4:00 PM