



May 16th-17th, 2026
Hosted by Bala Gymnastics
Preliminary schedule:

SATURDAY, 5/16	LEVELS 4,5, XCEL BR, SLVR, GLD, PLTNM	TEAM
09:00AM - 09:50AM	LEVEL 4	PHO(4), INS(2), RL(1)
10:00AM - 10:50AM	XCEL BRONZE - SESSION 1	EK(6), PHO(5)
10:55AM - 11:40PM	XCEL BRONZE - SESSION 2	BALA(6), FREE(5), LID(1)
11:50PM - 12:50PM	XCEL SILVER - SESSION 1	TBD
12:55PM - 01:45PM	XCEL SILVER - SESSION 2	TBD
01:45PM - 02:15PM	LUNCH BREAK	
02:15PM - 03:15PM	XCEL SILVER - SESSION 3	TBD
03:25PM - 04:45PM	XCEL DIAMOND	EK(2), RL(4), LID(3), INS(2), LN(1), SKY(1)
04:55PM - 06:15PM	XCEL GOLD - SESSION 1	VRMNT, LID, EK, SKY
06:15PM - 06:45PM	DINNER BREAK	
06:45PM - 08:00PM	LEVEL 5, PLATINUM	INS(5), BALA(2), NY(1), FREE(1)
SUNDAY, 5/17	LEVELS 3,6,7,8,FIG, XCEL GLD	TEAM
09:00AM - 09:45AM	LEVEL 3 - SESSION 1	TBD
09:50AM - 10:35AM	LEVEL 3 - SESSION 2	TBD
10:40AM - 11:10PM	LEVEL 3 - SESSION 3	TBD
11:20PM - 12:30PM	XCEL GOLD - SESSION 3	BLM(4), LN(6), NYR(2)
12:30PM - 01:00PM	LUNCH BREAK	
01:00PM - 02:00PM	XCEL GOLD - SESSION 3	BALA(4), FREE(1), INS(4), RL(3)
02:10PM - 03:30PM	L6, L7, L8, FIG	INS(3), BALA(5), PHO(1)