



UPDATED January 21, 2026

Competition Schedule & Session Assignments

SILVER GYM

	THU		
(S1)	EMPTY FOR DAY #1		
(S2)	EMPTY FOR DAY #1		

	FRI	Session Start	Session End
S3	L5 all	8:00am	11:02am
	Air-Bound, Bold, Jump Up, Legacy, Momentum, Olympus, Popov, SCEGA, SLTw.		
S4	XB all	11:15am	2:00pm
	Bailies, BDSJ, Bold, Elevate, Epic, Momentum, MWG, Orlando, PAK, SCEGA		
S5	XS green	2:15pm	5:00pm
	Bold, Momentum, MWG, PAK, SLTw, Warriors		
S6	XG green	5:15pm	8:30pm
	Academy West, BDSJ, Orlando, SLTw, SCEGA,		

	SAT	Session Start	Session End
S7	L1, L2, L3 blue	8:00am	10:50am
	Air-Bound, All American, Avalanche, Battle Mountain, BDPC, Legacy, MWG, Orlando, PAK, Popov		
S8	L4 green	11:00am	2:35pm
	Air-Bound, All American, Avalanche, BDPC, Bold, ID Elite, MWG, MWGA, Orlando, PAK, SCEGA, Velocity, Warriors		
S9	XS blue	2:45pm	5:35pm
	Bailies, BDSJ, Elevate, Epic, Orlando, SCEGA, Dojo		
S10	XG pink	5:45pm	8:50pm
	Bold, LGA, Momentum, PAK		

WHITE GYM

	THU	Session Start	Session End
W1	L3 pink	1:00pm	4:00pm
	Air-Bound, Bold, Jump Up, MWG, MWGA, Olympus		
W2	L4 blue	4:30pm	8:15pm
	Jump Up, Legacy, Momentum, Olympus, Popov, SLTw		

	FRI	Session Start	Session End
W3	L8 green	8:00am	11:04am
	BDSJ, GAGE, MWG, MWGA, Olympus, Pittsburgh, SCEGA, SLTw		
W4	L9 green	11:30am	3:00pm
	Avalanche, BDSJ, Capital, Flip For Me, GAGE, Idaho Elite, JamJev, Jump Up, Madison, Method SLLC, Momentum, MWGA, Popov, Richardson, SCEGA, Tuscon, Velocity, West		
W5	L9 blue	3:15pm	6:15pm
	Bold, Gymnastics Olympica, Metropolitan, MWG, Olympus, Pittsburgh		
W6	*L8 blue	6:30pm	9:21pm
	Bold, Gymnastics Olympica, Method, Momentum, Richardson		

	SAT	Session Start	Session End
W7	L8 pink	8:00am	10:51am
	Air-Bound, Bailies, Capital, ID Elite, JamJev, Jump Up, Legacy, Madison, Metropolitan, MWG, Nebo, Orlando, Velocity, West Valley		
W8	L10 green	11:15am	2:25pm
	Capital, Flip For Me, GAGE, Gymnastics Olympica, ID Elite, LGA, Madison, Mastery, Method, Metropolitan, Momentum, MWG, Popov, Velocity, West Valley		
W9	L10 blue	2:45pm	5:55pm
	GAGE, Gymnastics Olympica, SCEGA, Tucson		
W10	L10 pink	6:15pm	9:40pm
	BDSJ, Bold, JamJev, Nebo, Olympus, Pittsburgh		

BLUE GYM

	THU	Session Start	Session End
B1	L3 green	1:00pm	4:00pm
	Avalanche, Momentum, SLTw		
B2	XG blue	4:30pm	7:45pm
	All American, Avalanche, Bailies, Elevate, Epic, MWG, MWGA, Nebo		

	FRI	Session Start	Session End
B3	L6 pink	8:00am	11:10am
	Bold, Gymnastics Olympica, Olympus, Madison, Mastery of Sport, Momentum, PAK,		
B4	L7 blue	11:30am	2:45pm
	BDPC, Bold, Capital, ID Elite, JamJev, JumpUp, Legacy, Madison, Mastery of Sport, Method, Metropolitan, MWG, Nebo, Olympus, Richardson, Orlando, Pittsburgh, SLTw		
B5	L6 green	3:15pm	6:15pm
	Air-Bound, Avalanche, BDPC, Capital, ID Elite, Metropolitan, MWGA, Nebo, Orlando, Popov, Richardson, SCEGA		
B6	XP/ XSA blue	6:30pm	9:05pm
	LGA, Madison, Momentum, MWG, PAK, SLTwisters (XSA)		

	SAT	Session Start	Session End
B7	L7 green	8:00am	11:07am
	Avalanche, BDSJ, Gymnastics Olympica, Momentum, MWGA, Olympus, Popov, SCEGA, Tucson		
B8	L6 blue	11:15am	2:30pm
	BDSJ, Epic, JamJev, Jump Up, MWG, Olympus, Tucson, Warriors		
B9	XD (all) pink	2:45pm	5:55pm
	Academy West, All American, BDPC, Bold, LGA, Madison, Momentum, MWG, MWGA, PAK, Pittsburgh, SCEGA, SLTw, Warriors		
B10	XP green	6:15pm	8:55pm
	Academy West, Avalanche, Bailies, BDSJ, Bold, MWGA, SCEGA, Warriors		

LGA = Legacy Gymnastics Academy (CO)

Legacy = Legacy Gymnastics (WY)

MWG = Mountain West Gymnastics (ID)

MWGA = Mountain West Gymnastics Academy (UT)

SLTw = Salt Lake Twisters (UT)