



Meet Site: The Linc

1299 Lafayette St. Jefferson City, MO

FINAL SCHEDULE

Friday – March 13, 2026

Session 101 – Level 4 - 71

7yrs,9A,9B,9C,9D

9:00 – 9:20	Open Stretch
9:20 – 9:30	Introduction
9:30 – 11:30	Competition
11:35	Awards

Session 102 – Level 4 - 85

10 A,10B,10C,10D,8A,8B

12:05 – 12:25	Open Stretch
12:25 – 12:35	Introduction
12:35 – 2:45	Competition
2:50	Awards

Session 103 – Level 4 & 5 - 76

L4 – 11A,11B,11C,12yrs,13yrs

L5 – 12yrs,13yrs,14yrs

3:20 – 3:40	Open Stretch
3:40 – 3:50	Introduction
3:50 – 5:50	Competition
5:55	Awards

Session 104 – Level 5 - 78

8yrs,9yrs,10A,10B,11A,11B

6:25 – 6:45	Open Stretch
6:45 – 6:55	Introduction
6:55 – 9:10	Competition
9:15	Awards

Saturday – March 14, 2026

Session 105 – Level 2 - 79

7A,7B,8A,8B,9yrs,10yrs,11yrs,12yrs,13yrs

9:00 – 9:20	Open Stretch
9:20 – 9:30	Introduction
9:30 – 11:15	Competition
11:20	Awards

Session 106 – Level 2 & 3 - 84

L2 - 5yrs,6A,6B

L3 – 6yrs,7A,7B,7C

11:50 – 12:10	Open Stretch
12:10 – 12:20	Introduction
12:20 – 2:15	Competition
2:20	Awards

Session 107 – Level 3 - 75

9A,9B,9C,9D

2:50 – 3:10	Open Stretch
3:10 – 3:15	Introduction
3:15 – 5:10	Competition
5:15	Awards

Session 108 – Level 3 - 95

8A,8B,8C,8D,8E

5:45 – 6:05	Open Stretch
6:05 – 6:15	Introduction
6:15 – 8:30	Competition
8:35	Awards

Sunday – March 15, 2026

Session 109 – Level 3 - 61

10A,10B,11yrs,12yrs,13yrs

8:30 – 8:50	Open Stretch
8:50 – 9:00	Introduction
9:00 – 10:45	Competition
10:50	Awards

Session 110 – Xcel Bronze & HUGS – 83

XB – 9A,9B,9C,10A,12yrs,13yrs

HUGS – All Ages

11:20 – 11:40	Open Stretch
11:40 – 11:50	Introduction
11:50 – 1:45	Competition
1:50	Awards

Session 111 – Xcel Bronze - 86

5yrs,6A,6B,7A,7B,7C,11yrs

2:20 – 2:40	Open Stretch
2:40 – 2:50	Introduction
2:50 – 4:45	Competition
4:50	Awards

Session 112 – Xcel Bronze – 83

8A,8B,8C,8D,10B,10C

5:20 – 5:40	Open Stretch
5:40 – 5:50	Introduction
5:50 – 7:45	Competition
7:50	Awards

