

Women USAG Rotation Schedule

Jan 30, 2026

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Friday, January 30, 2026

Session: 1 -- USAG XG/XP/L4

Gymnasts: 42

Open Warmup 12:00 PM
Timed Warmup 12:30 PM

March In 12:20 PM
Awards 3:45 PM

Flight: A - 21

 5
DGA [XG] - 5

 5
DGA [XG] - 5

 5
DGA [XP] - 5

 5
DGA [XP] - 5

Flight: B - 21

 5
GWC [XG] - 3
GWC [XP] - 2

 7
Flagstaff Gymnastics [XG] - 7

 6
SEGA [L4] - 4
SEGA [XG] - 2

 3
SWGTC [L4] - 3

Friday, January 30, 2026

Session: 2 -- USAG 6/7/8/9/XSA

Gymnasts: 22

Open Warmup 4:00 PM
Timed Warmup 4:30 PM

March In 4:20 PM
Awards 6:15 PM

Flight: A - 12

 7
GWC [L6] - 1
GWC [L7] - 6

 0

 5
SEGA [L6] - 4
SEGA [L7] - 1

 0

Flight: B - 10

 6
Flagstaff Gymnastics [L8] - 2
Flagstaff Gymnastics [L9] - 1
Flagstaff Gymnastics [XSA] - 1
GWC [L8] - 1
SWGTC [L8] - 1

 0

 4
Flagstaff Gymnastics [L6] - 4

 0

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Saturday, January 31, 2026

Session: 3 -- USAG XB/XS/2/3

Gymnasts: 73

Open Warmup 8:30 AM
Timed Warmup 9:00 AM

March In 8:45 AM
Awards 11:00 AM

Flight: A - 38



9

Flagstaff Gymnastics [XS] - 9



8

SWGTC [L3] - 8



10

SEGA [L3] - 7

SEGA [XS] - 3



10

DGA [XS] - 7

GWC [XS] - 3

Flight: B - 35



10

Carters [L2] - 4

SEGA [L2] - 6



12

DGA [XB] - 6

FCG [XB] - 5

FCG [XS] - 1



7

Flagstaff Gymnastics [XB] - 7



6

Flagstaff Gymnastics [XB] - 6