Gymnastics on the Grand

December 4-6, 2026

Grand Rapids, Michigan

Friday, December 4

	Exhibit Hall C		Exhibit Hall B			Ballroom	
	Blue Gym	**Red Gym**	**White Gym**	**Fun Meet Gym**	**Purple Gym**	**Silver Gym**	**Gold Gym**
Session 8:00 AM Open Stretch: 8:00 am March In: 8:20 am Timed Warm-Up: 8:30 am	**1B: Xcel Bronze** All That Athletics Exceleration For the Kids Great Lakes Elite NorthPointe Rising Starz	**1R: Xcel Silver** Epic Evanston For the Kidz Gonyon's GRG Kiki's Stuck The Club	**1W: Girls Level 4** Champion USA Downriver GTC Hunts Hartland Infinity Showtime Synergym	**1F: Fun Meet** Champion USA Flip Starz Flipside Hartland Hastings Midland	**1P: Xcel Silver & Level 3** **Xcel Silver** Bloomfield Captial City Cyclone Infinity **Level 3** Branch PIM Synergym	**1S: Girls Level 9** AAF / AGI Crossroads Elite Epic Exceleration Flipside / FlipSpot FIT / GRG GTC / Hunts Infinity OGI R Athletics Summit Synergym Troy / Vortex	**1G: Girls Level 10 & Xcel Diamond** **Level 10** Great Lakes Elite GTC / Infinity Phoenix / PIM R Athletics Synergym / Vortex **Xcel Diamond** AGI / Crossroads Cutting Edge / Downriver Epic / Flipkins Flip Starz / GU GRG / Mills Northstar / PAX Skye High / Summit The Club
	Blue Gym	**Red Gym**	**White Gym**	**Fun Meet Gym**	**Purple Gym**	**Silver Gym**	**Gold Gym**
Session 12:30 pm Open Stretch: 12:30 pm March In: 12:50 pm Timed Warm-Up: 1:00 pm	**2B: Xcel Bronze** Boyne Area Cyclone GU Hastings Flip Club LA Gymnastics PAX PIM Showtime Skye High	**2R: Xcel Diamond** American Allstars Capital City Flips Exceleration For the Kidz GTC Hartland Hunt's Infinity KGI Kiki's Midland Synergym	**2W: Girls Level 4** FlipSpot Great Lakes Elite KGI Kiki's Midland Phoenix PIM R Athletics Splitz Sterling Vortex	**2F: Fun Meet** Epic GRG GRG Stars Gym Jesters MPGA	**2P: Xcel Silver & Level 3** **Xcel Silver** ChalkHeadz Crossroads Elite Northstar **Level 3** AGI Infinity Water's Edge	**2S: Girls Level 7** AAF Branch GTC Hartland Infinity OGI R Athletics Synergym Troy Vortex Water's Edge	**2G: Girls Level 7** AGI Crossroads Elite Exceleration Flip Starz Flipside FlipSpot / FIT GRG Great Lakes Elite Gymnastics Michiana Hunts KGI / Kiki's NorthPointe PIM Splitz Stuck Summit
	Blue Gym	**Red Gym**	**White Gym**	**Fun Meet Gym**	**Purple Gym**	**Silver Gym**	**Gold Gym**
Session 5:00 pm Open Stretch: 5:00 pm March In: 5:20 pm Timed Warm-Up: 5:30 pm	**3B: Xcel Bronze** Creative Chalkheadz Epic Flipkins Gym Jesters Infinity MPGA Off Season	**3R: Xcel Gold** AGI Branch Capital City Flips Crossroads Elite Cutting Edge Downriver Exceleration	**3W: Girls Level 4** Epic Evanston Flip Starz Flipside GRG Gymnastics Michiana GU Mills New Heights Summit Stuck Water's Edge	**3F: Fun Meet** Hunt's KGI Off Season Sterling	**3P: Xcel Silver & Level 3** **Xcel Silver** LA Gymnastics MPGA NorthPointe Showtime **Level 3** KGI Midland Mills	**3S: Girls Level 8** AAF AGI GTC Hartland Hunt's Infinity R Athletics Synergym Vortex	**3G: Girls Level 8 & Xcel Sapphire** **Level 8** Crossroads Elite / Epic Exceleration / Flipside FlipSpot / FIT GRG Great Lakes Elite Gymnastics Michiana KGI / NorthPointe PIM / OGI Stuck / Troy Water's Edge **Xcel Sapphire** Epic GRG / GTC Hunts / LaPorte Midland / Synergym

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Saturday, December 5

	Exhibit Hall C		Exhibit Hall B			Ballroom	
	Blue Gym	**Red Gym**	**White Gym**	**Fun Meet Gym**	**Purple Gym**	**Silver Gym**	**Gold Gym**
Session 8:00 am Open Stretch: 8:00 am March In: 8:20 am Timed Warm-Up: 8:30 am	**4B: Xcel Silver** Branch Exceleration Flipkins Great Lakes Elite KGI Synergym	**4R: Girls Level 4 & Xcel Silver** **Xcel Silver** Flip Starz Gym Jesters Sterling **Level 4** AAF AGI Branch Exceleration Troy	**4W: Xcel Gold** American Allstars Evanston GTC Hartland Midland Rising Starz Skye High	**4F: Fun Meet** Chalkheadz Kiki's NorthPointe Synergym Water's Edge	**4P: Xcel Silver & Girl's Level 3** **Silver** AGI GU Hastings Off Season **Level 3** Champion USA Hartland Stuck	**4S: Girls Level 3** Evanston Epic FlipSide GRG Great Lakes Elite Gymnastics Michiana Hunts	**4G: Girls Level 6** Bounce Crossroads Elite Downriver Epic / Flipside GRG Great Lakes Elite Gymnastics Michiana GU Midland Mills / NorthPointe OGI Phoenix PIM Waters Edge
	Blue Gym	**Red Gym**	**White Gym**	**Fun Meet Gym**	**Purple Gym**	**Silver Gym**	**Gold Gym**
Session 12:30 pm Open Stretch: 12:30 pm March In: 12:50 pm Timed Warm-Up: 1:00 pm	**5B: Girls Level 3** AAF GTC Kiki's Sterling	**5R: Xcel Gold** Bloomfield FlipSpot GU Infinity KGI Mills MPGA NorthPointe PIM	**5W: Xcel Gold** All That Athletics Hunts Northstar PAX Sterling Stuck Synergym	**5F: Fun Meet** All That Athletics For the Kidz Rising Starz Showtime	**5P: Xcel Silver & Girls Level 3** **Xcel Silver** Boyne Area Hunts Midland Skye High **Level 3** GU Troy Vortex	**5S: Xcel Platinum** All That Athletics American Allstars Chalkheadz / Crossroads Cutting Edge / Epic Flip Starz / Flipside FlipSpot / For the Kidz Gonyon's GRG NorthPointe Phoenix	**5G: Xcel Gold** Boyne Area Chalkheadz Epic Cyclone For the Kidz Gonyons / GRG Great Lakes Elite Gym Jesters Hastings Flip Club LaPorte Phoenix
	Blue Gym	**Closed**	**White Gym**	**Closed**	**Closed**	**Silver Gym**	**Gold Gym**
Session 5:00 pm Open Stretch: 5:00 pm March In: 5:20 pm Timed Warm-Up: 5:30 pm	**6B: Xcel Silver** All That Athletics Champion USA Creative GTC Rising Starz		**6W: Xcel Silver & Gold** **Silver** American Allstars Hartland PAX / PIM Splitz **Gold** Flipkins Splitz The Club			**6S: Event Finals** **Qualifiars from Friday in** Levels 7-10 Xcel Diamond Xcel Sapphire	**6G: Event Finals** **Qualifiars from Friday in** Levels 7-10 Xcel Diamond Xcel Sapphire

Gymnastics on the Grand

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Sunday, December 6

Sunday	Ballroom	
	Silver Gym	**Gold Gym**
Session **8:00 am** Open Stretch: 8:00 am March In: 8:20 am Timed Warm-Up: 8:30 am	**7S: Xcel Platinum** Bloomfield Branch Captial City Flips Cyclone Exceleration GTC KGI LaPorte Mills Splitz Sterling	**7G: Girls Level 5** AAF Evanston Great Lakes Elite Gymnastics Michiana Hunt's Kiki's Mills PIM R Athletics Summit Synergym
	Silver Gym	**Gold Gym**
Session **12:30 pm** Open Stretch: 12:30 pm March In: 12:50 pm Timed Warm-Up: 1:00 pm	**8S: Girls Level 6** Exceleration FlipSpot Hartland KGI R Athletics Splitz Stuck Sterling Summit Synergym Troy	**8G: Girls Level 6** AGI Branch GTC Hunt's Infinity Vortex
	Silver Gym	**Gold Gym**
Session **5:00 pm** Open Stretch: 5:00 pm March In: 5:20 pm Timed Warm-Up: 5:30 pm	**9S: Xcel Platinum** AGI Boyne Area Downriver MPGA Northstar PAX Skye High Stuck The Club	**9G: Xcel Platinum** Flipkins Great Lakes Elite GU / Hartland Hunts Infinity Kiki's Midland PIM Rising Starz Synergym

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MEN'S GYM

	Exhibit Hall C	
	Friday, December 4	**Saturday, December 5**
Session **8:00 am** Open Stretch: 8:00 am March In: 8:20 am Timed Warm-Up: 8:30 am	**1M: Levels 8-10** **Level 8 - 10** Champion Integrity OGI / Synergym **Level 9 - 17** Champion / Epic Gymnastics Michiana / GU Integrity / OGI PIM / Sterling West Virginia **Level 10 - 12** Champion / GRG Integrity / Sterling Synergym	**4M: Club Track & Fun Meet** **Club Track** Epic GRG Gym America PIM **Fun Meet** GRG
Session **12:30 pm** Open Stretch: 12:30 pm March In: 12:50 pm Timed Warm-Up: 1:00 pm	**Friday, December 4** **2M: Levels 5-7** **Level 5 - 31** AAF / Champion Exceleration / GRG Gymnastics Michiana / Integrity OGI Synergym / West Virginia **Level 6 - 10** AAF / Epic Gymnastics Michiana / OGI **Level 7 - 31** Champion / Epic GRG / Gym Jesters GU / Integrity OGI / PIM Sterling / Showtime Synergym / West Virginia	**Saturday, December 5** **5M: Level 3** All American Flames Bounce Champion Elite Sports Academy Epic GRG Gym Jesters Hastings Flip Club Integrity Showtime Sterling Synergym
Session **5:00 pm** Open Stretch: 5:00 pm March In: 5:20 pm Timed Warm-Up: 5:30 pm	**Friday, December 4** **3M: Level 4** All American Flames Bounce Champion Epic Exceleration GRG Gym Jesters Gymnastics Michiana Integrity PIM Showtime Sterling	**Saturday, December 5** **6M: Event Finals** Levels 7-10 Qualifiars from Friday