

2026 ASCEND INVITATIONAL SCHEDULE



SATURDAY, JANUARY 10

SESSION ONE – LEVEL 5

WARM UP – 8:00AM
MARCH IN – 8:20AM

SESSION 2 – LEVEL 6 & 7

WARM UP – 11:30AM
MARCH IN – 11:50AM

SESSION 3 – LEVEL 8

WARM UP – 3:00PM
MARCH IN – 3:20PM

SESSION 4 – LEVEL 9 & 10

WARM UP – 6:30PM
MARCH IN – 6:50PM

SESSION ONE – GOLD

WARM UP – 8:00AM
MARCH IN – 8:20AM

SESSION 2 – LEVEL 4

WARM UP – 11:30AM
MARCH IN – 11:50AM

GYMS: ASCEND, CGA, INSPIRE, MORRISON,
UVG

SESSION 3 – LEVEL 4

WARM UP – 3:00PM
MARCH IN – 3:20PM

GYMS: ASCEND, GYM EAST, OMEGA

SESSION 4 – PLAT/DIAM/SAPP

WARM UP – 6:30PM
MARCH IN – 6:50PM

SUNDAY, JANUARY 11

SESSION 5 – LEVEL 3

WARM UP – 9:00AM
MARCH IN – 9:20AM

GYMS: ASCEND, CEGW, MORRISON, UVG

SESSION 6 – LEVEL 3

WARM UP – 12:00PM
MARCH IN – 12:20PM

GYMS: ASCEND, INSPIRE, OMEGA

SESSION 7 – LEVEL 2

WARM UP – 3:00PM
MARCH IN – 3:20PM

SESSION 5 – SILVER

WARM UP – 9:00AM
MARCH IN: 9:20AM

GYMS: ASCEND, CGA, OMEGA

SESSION 6 – SILVER

WARM UP – 12:00PM
MARCH IN – 12:20PM

GYMS: ADVANTAGE, ASCEND, CEGW

SESSION 7 – BRONZE

WARM UP – 3:00PM
MARCH IN – 3:20PM