

# 2026 ASCEND INVITATIONAL SCHEDULE



**OLYMPIC GYM**



**PACIFIC GYM**

## 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 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 8**

WARM UP – 3:00PM  
MARCH IN – 3:20PM

### **SESSION 3 – LEVEL 4**

WARM UP – 3:00PM  
MARCH IN – 3:20PM

GYMS: ASCEND, GYM EAST, OMEGA

### **SESSION 4 – LEVEL 9 & 10**

WARM UP – 6:30PM  
MARCH IN – 6:50PM

### **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 5 – SILVER**

WARM UP – 9:00AM  
MARCH IN: 9:20AM  
GYMS: ASCEND, CGA, OMEGA

### **SESSION 6 – LEVEL 3**

WARM UP – 12:00PM  
MARCH IN – 12:20PM  
GYMS: ASCEND, INSPIRE, OMEGA

### **SESSION 6 – SILVER**

WARM UP – 12:00PM  
MARCH IN – 12:20PM  
GYMS: ADVANTAGE, ASCEND, CEGW

### **SESSION 7 – LEVEL 2**

WARM UP – 3:00PM  
MARCH IN – 3:20PM

### **SESSION 7 – BRONZE**

WARM UP – 3:00PM  
MARCH IN – 3:20PM