



# 2026 Gopher Invite Schedule

## Roy Wilkins Auditorium

### Friday, January 9, 2026

#### **Session #1**

#### **Level 6**

**Level 6:** Flips, Rise, Rising Stars, Flyaways, Midwest, Power & Grace, North Central Iowa, TAGS S, Giant, MAGS, Great Northern, Jam Hops, Mini Hops

10:15 AM	Doors Open
10:30 AM	Stretch
10:50 AM	Introductions
2:00 PM	Awards

#### **Session #2**

#### **Level 7**

**Level 7:** Rising Stars, Mini Hops, Flyaways, Jam Hops, TAGS S, KidSport, MAGS, Giant, Great Northern, Midwest, North Central Iowa, Power & Grace

2:15 PM	Stretch
2:35 AM	Introductions
5:45 PM	Awards

#### **Session #3**

#### **Level 7 & Gold**

**Level 7:** TCT, Dynamics, NSGA, Grand Rapids, Flyaways North  
**Gold:** TAGS S, Rise, Dynamics, NSGA

6:00 PM	Stretch
6:20 PM	Introductions
9:30 PM	Awards



## **Saturday, January 10, 2026**

### **Session #4**

### **Level 3, 4, 5**

**Level 3:** Power & Grace, NSGA, Gleasons, Grand Rapids

**Level 4:** Power & Grace, NSGA, Grand Rapids, Gleasons, North Central Iowa

**Level 5:** NSGA, Grand Rapids, North Central Iowa

7:45 AM	Doors Open
8:00 AM	Stretch
8:20 AM	Introductions
11:15 AM	Awards

### **Session #5**

### **Level 10, Diamond, Sapphire**

**Level 10:** Midwest, Giant, Flyways, Jam Hops, NSGA, TAGS S

**Diamond & Sapphire:** Rising Stars, Rise, Flyaways, Shooting Stars, Spirit, NSGA, Mini Hops,

11:30 AM	Stretch
11:50 AM	Introductions
2:45 PM	Awards

### **Session #6**

### **Level 9**

**Level 9:** Midwest, TAGS S, Jam Hops, Flyaways, NSGA, Grand Rapids, MAGS, Great Northern, Power & Grace, Mini Hops, Giant, Flyaways North

3:00 PM	Stretch
3:20 PM	Introductions
6:15 PM	Awards

### **Session #7**

### **Level 8**

**Level 8:** Flyaways, NSGA, TAGS S, Midwest, TCT, Jam Hops, Grand Rapids, Giant, Rising Stars, Mini Hops, Power & Grace, MAGS, Great Northern

6:30 PM	Stretch
6:50 PM	Introductions
10:00 PM	Awards



## **Sunday, January 11, 2026**

### **Session #8**

### **Bronze & Silver**

**Bronze:** North Central Iowa, Mini Hops, Rise, Farmington, Gleasons

**Silver:** Rise, NSGA, North Central Iowa

7:45 AM	Doors Open
8:00 AM	Stretch
8:20 AM	Introductions
11:00 AM	Awards

### **Session #9**

### **Gold**

**Gold:** Rising Stars, Flyaways, Mini Hops, Shooting Stars, MAGS, Spirit, North Central Iowa, Grand Rapids, Flyaways North

11:15 AM	Stretch
11:35 AM	Introductions
2:45 PM	Awards

### **Session #10**

### **Platinum**

**Platinum:** Rising Stars, TAGS S, Rise, NSGA, Flyaways, Dynamics, Flyaways North, Grand Rapids, Giant, MAGS, Spirit, Mini Hops

3:00 PM	Stretch
3:20 PM	Introductions
7:00 PM	Awards



## Spectator Information

**\$25.00 Adult**

**\$20.00 Senior/Military ID/Child 5-17yrs**

**FREE Under 5yrs**

**CASH ONLY**

**Please do not arrive more than 20 minutes ahead of time of your session!**

Gymnasts Grams – Various Options from \$3-\$15

## Coaches Information:

\*All coaches must be registered through the USAG reservations.

\*Speith Equipment is being used with AAI Balance Beams and Spring Boards.

\*Modified Capital Cup Format

\*Drop 6 Rule on FX for warm ups.

\*Athletes check in with their coaches.

\*Award age groups are divided up equally in Proscore

\*Coaches meeting 5 minutes after stretch begins at the Head Table.

\*Live Scoring: Score Cat & MSO.