

2026 USA Gymnastics Championships
Tulsa, OK

			BOK Arena			Grand Ballroom	Hall C	Hall B	Awards
			USA Gym Champs Elite			USA Gym Champs Development	USA Gym Champs Development	USA Gym Champs Development	
			Acro	Rhythmic	T&T	Rhythmic	T&T	Acro	
Sunday 6/21	Morning	9:00 - 12:00	Setup			Setup	Setup	Setup	
	Afternoon	12:00 - 6:00							
	Evening	6:00 - 12:00							
Monday 6/22	Morning	7:30 - 11:00	Setup			Setup	Setup	Level 8 Competition - Session 1	Level 8-10 Training (11-16 and 12-18 Open Training)
	Mid Morning	11:00 - 2:30							
	Afternoon	2:30 - 6:30							
	Evening	6:30 - 10:00							
	Night								
Orientation Meeting									
Tuesday 6/23	Morning	7:30 - 11:00	Training - 11-16 through Elite Levels w Music		Training - All Elite Athletes	USA JR/SR (H&B)	Level 8, 9, 10, & Open Qualification - Session 5	Blocks	
	Mid Morning	11:00 - 2:30							
	Afternoon	2:30 - 6:30							
Wednesday 6/24	Evening	6:30 - 10:00	Training - 11-16 through Elite Levels	Training for elite levels w music	Training - All Elite Athletes	USA JR/SR (C&R)	Level 8, 9, 10, & Open Qualification - Session 6	Level 8	In-Use for Gym Champs Awards
	Morning	7:30 - 11:00							
	Mid Morning	11:00 - 2:30							
	Afternoon	2:30 - 6:30							
	Evening	6:30 - 10:00							
Training and Production Rehearsal									
Thursday 6/25	Morning	7:30 - 12:30			Training - IE/SE Athletes	USA HOPES	Level 8, 9, 10, & Open Qualification - Session 7	Level 8 & 9	
	Afternoon	1:00 - 4:00							
	Evening	6:00 - 10:00							
Friday 6/26	Morning	9:00 - 12:00	13-19, Senior	Elite Senior B (H&B) (3:30-5)	IE / SE Qualification - Session 12	Elite Junior A, B (H&B) & JR Groups 11:30-2:30	Level 8, 9, 10, & Open Qualification - Session 8	Level 9 & 10	
	Afternoon	1:30 - 4:30							
	Evening	6:00 - 9:00							
Saturday 6/27	Morning	9:00 - 12:00	13-19, Senior	Elite Senior A (H&B) & SR Groups	SE Qualification - Session 13	USA HOPES	Level 9, 10, & Open Qualification - Session 9	Blocks	
	Afternoon	1:30 - 4:30							
	Evening	6:00 - 9:00							
	Night								
	Morning	9:00 - 12:00							
Afternoon	1:30 - 4:30								
Evening	6:00 - 9:00								
Elite Gym Champs Awards and National Teams Announcement									
Sunday 6/28	Morning	9:00 - 12:00				National Team Meetings			
	Afternoon	1:30 - 4:30							
	Evening	6:00 - 9:00							

*SYN TRA offered as schedule allows - based on registrations and time availability