



May 6-10 • Oklahoma City, OK

Thursday, May 07, 2026

4:00 PM	7:00 PM	GK Elite Apparel Distribution	OKC Convention Center
4:00 PM	7:00 PM	Coaches' Sign-In and Meet Info Packet Pick Up	OKC Convention Center
6:00 PM	8:00 PM	OPENING CEREMONIES	

Friday, May 08, 2026

7:30 AM	5:00 PM	GK Elite Apparel Distribution	OKC Convention Center
REGIONAL TRAINING			
8:00 AM	10:30 AM	Region 4 (A), Region 6 (B)	OKC Convention Center
10:00 AM	12:30 PM	Region 3 (A), Region 5 (B)	OKC Convention Center
12:00 PM	2:30 PM	Region 1 (A), Region 7 (B)	OKC Convention Center
2:00 PM	4:30 PM	Region 2 (A), Region 8 (B)	OKC Convention Center

SESSION I - ALL-STAR SESSION

5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	OKC Convention Center
6:05 PM	6:20 PM	March-In	OKC Convention Center
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	OKC Convention Center
6:45 PM	9:45 PM	Competition	OKC Convention Center
9:45 PM	10:45 PM	Awards	OKC Convention Center

Saturday, May 09, 2026

7:30 AM	5:00 PM	GK Elite Apparel Distribution	OKC Convention Center
SESSION II - JUNIOR A and SENIOR A			
8:00 AM	8:30 AM	Open Stretch and Coaches Meeting	OKC Convention Center
8:35 AM	8:50 AM	March-In	OKC Convention Center
8:55 AM	9:13 AM	Warm-up First event for Flight 1 Athletes	OKC Convention Center
9:15 AM	12:15 PM	Competition	OKC Convention Center
12:15 PM	1:15 PM	Awards	OKC Convention Center

SESSION III - JUNIOR B and SENIOR B

12:45 PM	1:15 PM	Open Stretch and Coaches Meeting	OKC Convention Center
1:20 PM	1:35 PM	March-In	OKC Convention Center
1:40 PM	1:58 PM	Warm-up First event for Flight 1 Athletes	OKC Convention Center
2:00 PM	5:00 PM	Competition	OKC Convention Center
5:00 PM	6:00 PM	Awards	OKC Convention Center

SESSION IV - JUNIOR C and SENIOR C

5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	OKC Convention Center
6:05 PM	6:20 PM	March-In	OKC Convention Center
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	OKC Convention Center
6:45 PM	9:45 PM	Competition	OKC Convention Center
9:45 PM	10:45 PM	Awards	OKC Convention Center



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Sunday, May 10, 2026

7:30 AM	12:00 PM	GK Elite Apparel Distribution	OKC Convention Center
SESSION V - JUNIOR D and SENIOR D			
8:00 AM	8:30 AM	Open Stretch and Coaches Meeting	OKC Convention Center
8:35 AM	8:50 AM	March-In	OKC Convention Center
8:55 AM	9:13 AM	Warm-up First event for Flight 1 Athletes	OKC Convention Center
9:15 AM	12:15 PM	Competition	OKC Convention Center
12:15 PM	1:15 PM	Awards	OKC Convention Center
SESSION VI - JUNIOR E and SENIOR E			
12:45 PM	1:15 PM	Open Stretch and Coaches Meeting	OKC Convention Center
1:20 PM	1:35 PM	March-In	OKC Convention Center
1:40 PM	1:58 PM	Warm-up First event for Flight 1 Athletes	OKC Convention Center
2:00 PM	5:00 PM	Competition	OKC Convention Center
5:00 PM	6:00 PM	Awards	OKC Convention Center
SESSION VII - JUNIOR F and SENIOR F			
5:30 PM	6:00 PM	Open Stretch and Coaches Meeting	OKC Convention Center
6:05 PM	6:20 PM	March-In	OKC Convention Center
6:25 PM	6:43 PM	Warm-up First event for Flight 1 Athletes	OKC Convention Center
6:45 PM	9:45 PM	Competition	OKC Convention Center
9:45 PM	10:45 PM	Awards	OKC Convention Center