



USA Women's Artistic
LEVEL 10 NATIONAL CHAMPIONSHIPS

2026 REGIONAL TRAINING DAY SCHEDULE

As of 1/30/26

1. All regional training times overlap by 30 minutes to allow for Friday night's All-Star session.
2. Open stretch is allowed in the designated competition gym for regional training group 1 ONLY.
 - Regional training groups 2, 3 & 4 will open stretch on the carpet bonded foam area to allow the previous training group to finish their time on the competition equipment.
3. Each region will be split into eight groups (4x JR, 4x SR) and will be assigned 4 events in each of the competitive gyms. Each gym contains 2 sets of apparatus. Athletes must train on the apparatus on which they will compete.
4. Approximately 10-12 athletes per group with 30-minute rotations on each event.
5. Check with your RACC or RDPC for 1st and 2nd alternate plus All-Star qualifier training options.

Friday, May 8, 2026 – Oklahoma City, OK (CST)								
Training Time	Training Group 1		Training Group 2		Training Group 3		Training Group 4	
	Region 4 FLIGHT A	Region 6 FLIGHT B	Region 3 FLIGHT A	Region 5 FLIGHT B	Region 1 FLIGHT A	Region 7 FLIGHT B	Region 2 FLIGHT A	Region 8 FLIGHT B
8:00 - 8:30am	OPEN STRETCH	OPEN STRETCH						
8:30 - 9:00am	V,B,BM,FX	V,B,BM,FX						
9:00 - 9:30am	V,B,BM,FX	V,B,BM,FX						
9:30 - 10:00am	V,B,BM,FX	V,B,BM,FX						
10:00 - 10:30am	V,B,BM,FX	V,B,BM,FX	OPEN STRETCH	OPEN STRETCH				
10:30 - 11:00am			V,B,BM,FX	V,B,BM,FX				
11:00 - 11:30am			V,B,BM,FX	V,B,BM,FX				
11:30 - 12:00pm			V,B,BM,FX	V,B,BM,FX				
12:00 - 12:30pm			V,B,BM,FX	V,B,BM,FX	OPEN STRETCH	OPEN STRETCH		
12:30 - 1:00pm					V,B,BM,FX	V,B,BM,FX		
1:00 - 1:30pm					V,B,BM,FX	V,B,BM,FX		
1:30 - 2:00pm					V,B,BM,FX	V,B,BM,FX		
2:00 - 2:30pm					V,B,BM,FX	V,B,BM,FX	OPEN STRETCH	OPEN STRETCH
2:30 - 3:00pm							V,B,BM,FX	V,B,BM,FX
3:00 - 3:30pm							V,B,BM,FX	V,B,BM,FX
3:30 - 4:00pm							V,B,BM,FX	V,B,BM,FX
4:00 - 4:30pm							V,B,BM,FX	V,B,BM,FX
5:30 pm+	ALL-STAR SESSION							