

# 2026 Spring Fest Rotation Schedule

Mar 6-8, 2026

## Friday, March 6, 2026

Session: 01 -- Level 8

Open Warmup 8:00 AM

Timed Warmup 8:15 AM

March In 8:25 AM

Awards 10:30 AM

# Gymnasts: 43

Flight: A - 23



6

MLG [L8] - 2

Silvia's Gymnastics [L8] - 4



5

Dynamats00 [L8] - 4

Parallax Gymnastics [L8] - 1



7

KMC Gymnastics [L8] - 3

Silvia's Gymnastics [L8] - 4



5

Synergy Gymnastics [L8] - 5

Flight: B - 20



5

Hanover Gymnastics [L8] - 5



6

Atlantic Coast [L8] - 2

DCG [L8] - 4



5

Hanover Gymnastics [L8] - 5



4

GMGA [L8] - 1

Ricochets [L8] - 3

## Friday, March 6, 2026

Session: 02 -- Level 9 & 10

Open Warmup 10:45 AM

Timed Warmup 11:10 AM

March In 11:00 AM

Awards 1:45 PM

# Gymnasts: 42

Flight: A - 22



6

Aerials [L9] - 4

Aerials [L10] - 1

GymOlympic [L10] - 1



5

Metzlers [L10] - 5



6

Hanover Gymnastics [L9] - 6



5

Metzlers [L10] - 5

Flight: B - 20



5

KMC Gymnastics [L9] - 1

KMC Gymnastics [L10] - 4



5

Atlantic Coast [L10] - 1

MLG [L10] - 1

Synergy Gymnastics [L9] - 2

Synergy Gymnastics [L10] - 1



5

DCG [L9] - 4

Fearless [L10] - 1



5

Dynamats00 [L9] - 5

# 2026 Spring Fest Rotation Schedule

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## Friday, March 6, 2026

Session: 03 -- Xcel Dia & XSA

Open Warmup 2:00 PM  
March In 2:15 PM

Timed Warmup 2:25 PM  
Awards 4:30 PM

# Gymnasts: 57

Flight: A - 30



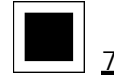
GymOlympic [XD] - 4  
Synergy Gymnastics [XD] - 4



Metzlers [XD] - 7



KMC Gymnastics [XD] - 4  
Synergy Gymnastics [XD] - 4



Metzlers [XD] - 7

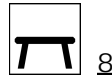
Flight: B - 27



Aerials [XD] - 7



Ricochets [XD] - 5  
Ricochets [XSA] - 1



Aerials [XD] - 4  
Fearless [XD] - 2  
GMGA [XD] - 2



HOH [XD] - 5  
Stick It Gymnastics [XD] - 1

## Friday, March 6, 2026

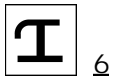
Session: 04 -- Level 6

Open Warmup 4:45 PM  
March In 5:00 PM

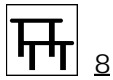
Timed Warmup 5:10 PM  
Awards 7:00 PM

# Gymnasts: 52

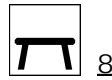
Flight: A - 28



DCG [L6] - 4  
Parallax Gymnastics [L6] - 2



Atlantic Coast [L6] - 3  
Dynamats00 [L6] - 1  
Synergy Gymnastics [L6] - 4

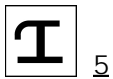


Bearfoot Gymnastics [L6] - 8



Stick It Gymnastics [L6] - 2  
Synergy Gymnastics [L6] - 4

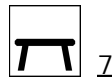
Flight: B - 24



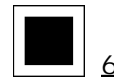
KMC Gymnastics [L6] - 5



Dynamats00 [L6] - 6



Ricochets [L6] - 7



Silvia's Gymnastics [L6] - 6

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## Friday, March 6, 2026

Session: 05 -- Level 7

Open Warmup 7:15 PM





Timed Warmup 7:40 PM

March In 7:30 PM





Awards 9:15 PM

# Gymnasts: 38

Flight: A - 21

 5 Silvia's Gymnastics [L7] - 5	 5 Atlantic Coast [L7] - 1 Hanover Gymnastics [L7] - 3 Parallax Gymnastics [L7] - 1	 6 Silvia's Gymnastics [L7] - 6	 5 DCG [L7] - 5
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Flight: B - 17

 6 Synergy Gymnastics [L7] - 6	 5 Dynamats00 [L7] - 4 Ricochets [L7] - 1	 6 KMC Gymnastics [L7] - 3 Synergy Gymnastics [L7] - 3	 0
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## Saturday, March 7, 2026

Session: 06 -- Level 2

Open Warmup 8:00 AM





Timed Warmup 8:25 AM

March In 8:15 AM


Awards 10:00 AM

# Gymnasts: 42

Flight: A - 24

 6 Stick It Gymnastics [L2] - 6	 5 Parallax Gymnastics [L2] - 5	 8 DCG [L2] - 8	 5 Parallax Gymnastics [L2] - 5
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Flight: B - 18

 5 Bearfoot Gymnastics [L2] - 5	 8 Showtime Gymnastics0 [L2] - 8	 5 Bearfoot Gymnastics [L2] - 5	 0
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## Saturday, March 7, 2026

Session: 07 -- XGold #1

Open Warmup 10:15 AM





Timed Warmup 10:40 AM

March In 10:30 AM





Awards 12:45 PM

# Gymnasts: 82

Flight: A - 43

 10 Bearfoot Gymnastics [XG] - 10	 11 Fusion [XG] - 8 Parallax Gymnastics [XG] - 3	 11 Fearless [XG] - 4 Ricochets [XG] - 7	 11 HOH [XG] - 5 KMC Gymnastics [XG] - 6
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Flight: B - 39

 10 GMGA [XG] - 3 PKR [XG] - 7	 8 Aerials [XG] - 8	 12 Gravity Elite [XG] - 3 Showtime Gymnastics0 [XG] - 9	 9 Finger Lakes Gym. [XG] - 9
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







## Saturday, March 7, 2026

Session: 08 -- XGold #2 & Level 5

Open Warmup 1:15 PM  
March In 1:30 PM

Timed Warmup 1:40 PM  
Awards 4:15 PM

# Gymnasts: 81

Flight: A - 41			
 <u>10</u>	 <u>10</u>	 <u>10</u>	 <u>11</u>
Metzlers [XG] - 10	Metzlers [XG] - 10	Metzlers [XG] - 10	Dynamats00 [XG] - 11
Flight: B - 40			
 <u>10</u>	 <u>8</u>	 <u>11</u>	 <u>11</u>
Synergy Gymnastics [L5] - 4 Synergy Gymnastics [XG] - 6	Silvia's Gymnastics [XG] - 8	GymOlympic [XG] - 7 Synergy Gymnastics [XG] - 4	Ricochets [L5] - 4 Silvia's Gymnastics [L5] - 7









## Saturday, March 7, 2026

Session: 09 -- Xcel Platinum #1

Open Warmup 4:30 PM  
March In 4:45 PM

Timed Warmup 4:55 PM  
Awards 7:00 PM

# Gymnasts: 45

Flight: A - 23			
 <u>7</u>	 <u>4</u>	 <u>7</u>	 <u>5</u>
Aerials [XP] - 7	Fearless [XP] - 4	Aerials [XP] - 7	Fearless [XP] - 4 PKR [XP] - 1
Flight: B - 22			
 <u>5</u>	 <u>6</u>	 <u>5</u>	 <u>6</u>
Metzlers [XP] - 5	HOH [XP] - 6	Metzlers [XP] - 5	Dynamats00 [XP] - 4 GMGA [XP] - 2









## Saturday, March 7, 2026

Session: 10 -- Xcel Platinum #2

Open Warmup 7:15 PM  
March In 7:30 PM

Timed Warmup 7:40 PM  
Awards 9:30 PM

# Gymnasts: 50

Flight: A - 24			
 <u>7</u>	 <u>5</u>	 <u>7</u>	 <u>5</u>
Fusion [XP] - 2 Synergy Gymnastics [XP] - 5	KMC Gymnastics [XP] - 5	Showtime Gymnastics0 [XP] - 7	KMC Gymnastics [XP] - 5
Flight: B - 26			
 <u>7</u>	 <u>7</u>	 <u>7</u>	 <u>5</u>
Finger Lakes Gym. [XP] - 5 Ricochets [XP] - 2	Bearfoot Gymnastics [XP] - 7	Silvia's Gymnastics [XP] - 7	Stick It Gymnastics [XP] - 5

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## Sunday, March 8, 2026

Session: 11 -- Xcel Bronze









Open Warmup 8:00 AM

Timed Warmup 8:25 AM

March In 8:15 AM

Awards 10:00 AM

# Gymnasts: 59

Flight: A - 29			
 7	 8	 7	 7
Metzlers [XB] - 7	HOH [XB] - 8	Metzlers [XB] - 7	HOH [XB] - 7
Flight: B - 30			
 7	 8	 8	 7
Aerials [XB] - 7	KMC Gymnastics [XB] - 8	Aerials [XB] - 4 SJG [XB] - 4	GMGA [XB] - 7

## Sunday, March 8, 2026

Session: 12 -- Level 3









Open Warmup 10:15 AM

Timed Warmup 10:40 AM

March In 10:30 AM

Awards 1:00 PM

# Gymnasts: 79

Flight: A - 36			
 9	 8	 11	 8
Ricochets [L3] - 9	Aerials [L3] - 8	Synergy Gymnastics [L3] - 11	Aerials [L3] - 8
Flight: B - 43			
 10	 11	 11	 11
KMC Gymnastics [L3] - 6 Stick It Gymnastics [L3] - 4	Showtime Gymnastics0 [L3] - 5 Silvia's Gymnastics [L3] - 6	Bearfoot Gymnastics [L3] - 11	DCG [L3] - 4 Silvia's Gymnastics [L3] - 7

## Sunday, March 8, 2026

Session: 13 -- Level 4









Open Warmup 1:30 PM

Timed Warmup 1:55 PM

March In 1:45 PM

Awards 3:30 AM

# Gymnasts: 73

Flight: A - 38			
 10	 9	 10	 9
Aerials [L4] - 10	DCG [L4] - 3 PKR [L4] - 6	KMC Gymnastics [L4] - 4 Ricochets [L4] - 6	Showtime Gymnastics0 [L4] - 9
Flight: B - 35			
 9	 9	 8	 9
Synergy Gymnastics [L4] - 9	GMGA [L4] - 3 Silvia's Gymnastics [L4] - 6	GymOlympic [L4] - 8	Silvia's Gymnastics [L4] - 6 Stick It Gymnastics [L4] - 3

# 2026 Spring Fest Rotation Schedule

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## Sunday, March 8, 2026

Session: 14 -- Xcel Silver#1

Open Warmup 3:45 PM  
March In 4:00 PM

Timed Warmup 4:10 PM  
Awards 5:45 PM

# Gymnasts: 52

Flight: A - 27



7

Metzlers [XS] - 7



7

Metzlers [XS] - 7



7

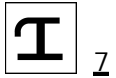
Metzlers [XS] - 7



6

Metzlers [XS] - 6

Flight: B - 25



7

PKR [XS] - 3

SJG [XS] - 4



5

HOH [XS] - 5



8

Finger Lakes Gym. [XS] - 8



5

HOH [XS] - 5

## Sunday, March 8, 2026

Session: 15 -- Xcel Silver #2

Open Warmup 6:15 PM  
March In 6:30 PM

Timed Warmup 6:40 PM  
Awards 8:30 PM

# Gymnasts: 49

Flight: A - 24



5

Showtime Gymnastics0 [XS] - 5



7

Parallax Gymnastics [XS] - 7



6

Showtime Gymnastics0 [XS] - 6



6

Aerials [XS] - 3

GMGA [XS] - 3

Flight: B - 25



6

KMC Gymnastics [XS] - 6



5

Silvia's Gymnastics [XS] - 5



8

Gravity Elite [XS] - 3

KMC Gymnastics [XS] - 5



6

Silvia's Gymnastics [XS] - 6