

2026 NGA Southern Regional Championship

Rotation Schedule

May 1-3, 2026

Friday, May 1, 2026

Session: 01A -- Level PN

Open Warmup 4:00 PM Timed Warmup 4:30 PM
March In 4:20 PM Awards 7:20 PM

Gymnasts: 76

Flight: A - 40



9

Airborne TN [PN] - 1
Gym Etc LA [PN] - 1
Gym-Finity LA [PN] - 3
Precision NC [PN] - 4



11

Gwinnett GA [PN] - 11



9

AcroSports LA [PN] - 2
Faulkner's Elite NC [PN] - 5
IGA Kids NC [PN] - 2



11

Gwinnett GA [PN] - 11



9

Acadiana LA [PN] - 1
Bossier LA [PN] - 4
Sanford NC [PN] - 1
Storm GA [PN] - 3



9

Spirit FL [PN] - 9



9

ATG LA [PN] - 1
ATG LA [PNA] - 1
Legacy Elite NC [PN] - 5
Panhandle FL [PN] - 2



9

Extreme GA [PN] - 3
Gym Unlimited LA [PN] - 4
SLGA LA [PN] - 2

Friday, May 1, 2026

Session: 01B -- Level 5N

Open Warmup 4:00 PM Timed Warmup 4:30 PM
March In 4:20 PM Awards 6:55 PM

Gymnasts: 53



13

Acadiana LA [5N] - 1
Alpharetta GA [5N] - 2
Empire LA [5N] - 2
Osega NC [5N] - 6
Xcel LA [5N] - 2



13

Cypress Pointe LA [5N] - 2
Jill's LA [5N] - 4
LAGC LA [5N] - 2
Riverbend LA [5N] - 2
Twisters TX [5N] - 3



13

Asheville NC [5N] - 11
Stingrays GA [5N] - 2



14

AcroSports LA [5N] - 7
Chapin Christian SC [5N] - 3
Douglasville GA [5N] - 1
In Bound GA [5N] - 1
New Heights LA [5N] - 2

Saturday, May 2, 2026

Session: 02A -- Level 1N

Open Warmup 8:00 AM Timed Warmup 8:30 AM
March In 8:20 AM Awards 9:45 AM

Gymnasts: 50

Flight: A - 27



6

Elite CheerNastic LA [1N] - 2
Riverbend LA [1N] - 4



5

Cajun Twisters LA [1N] - 3
Chapin Christian SC [1N] - 2



8

Bossier LA [1N] - 8



8

Xcel LA [1N] - 8

Flight: B - 23



6

Gym-Finity LA [1N] - 3
Twisters TX [1N] - 3



6

Panhandle FL [1N] - 6



6

Acadiana LA [1N] - 1
Airborne TN [1N] - 5



5

Cypress Pointe LA [1N] - 1
SGA NC [1N] - 4

2026 NGA Southern Regional Championship

Rotation Schedule

May 1-3, 2026


Saturday, May 2, 2026


Session: 02B -- Level 6N


Open Warmup 8:00 AM Timed Warmup 8:30 AM
March In 8:20 AM Awards 10:50 AM

Gymnasts: 39

 **10**
AcroSports LA [6N] - 4
Foothills NC [6N] - 4
Storm GA [6N] - 1
Twisters TX [6N] - 1

 **10**
Empire LA [6N] - 1
Gym Etc LA [6N] - 6
LAGC LA [6N] - 1
SGA NC [6N] - 2

 **9**
Osega NC [6N] - 5
Rice City Gym LA [6N] - 1
Xcel LA [6N] - 3

 **10**
Panhandle FL [6N] - 2
Soar Moor NC [6N] - 5
Stingrays GA [6N] - 1
Top Notch GA [6N] - 2


Saturday, May 2, 2026


Session: 03A -- Level SN


Open Warmup 11:05 AM Timed Warmup 11:35 AM
March In 11:25 AM Awards 2:10 PM


Gymnasts: 92

Flight: A - 47


 **12**
Rice City Gym LA [SN] - 9
SLGA LA [SN] - 1
Twisters TX [SN] - 2


 **11**
Gym Etc LA [SN] - 5
Storm GA [SN] - 6


 **12**
Gym-Finity LA [SN] - 4
Sanford NC [SN] - 8

 **12**
Empire LA [SN] - 3
Faulkner's Elite NC [SN] - 9

Flight: B - 45

 **11**
Cypress Pointe LA [SN] - 3
Spirit FL [SN] - 8

 **12**
ATG LA [SN] - 3
Bossier LA [SN] - 9

 **11**
Revive Elite NC [SN] - 3
Spirit FL [SN] - 8

 **11**
AcroSports LA [SN] - 10
Asheville NC [SN] - 1

Saturday, May 2, 2026

Session: 03B -- Level 7N


Open Warmup 11:10 AM Timed Warmup 11:40 AM
March In 11:30 AM Awards 1:30 PM

Gymnasts: 30

 **8**
Cajun Twisters LA [7N] - 1
Cypress Pointe LA [7N] - 3
Jill's LA [7N] - 1
Revive Elite NC [7N] - 3

 **8**
AcroSports LA [7N] - 1
Gym Etc LA [7N] - 2
LAGC LA [7N] - 4
Riverbend LA [7N] - 1

 **7**
Asheville NC [7N] - 2
Foothills NC [7N] - 1
New Heights LA [7N] - 3
Storm GA [7N] - 1

 **7**
Osega NC [7N] - 1
Spirit FL [7N] - 5
Xcel LA [7N] - 1

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Saturday, May 2, 2026

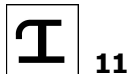
Session: 04A -- Level 3N

Open Warmup 2:30 PM
March In 2:50 PM

Timed Warmup 3:00 PM
Awards 5:25 PM

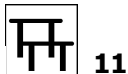
Gymnasts: 84

Flight: A - 43



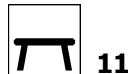
11

Cajun Twisters LA [3N] - 1
Empire LA [3N] - 2
IGA Kids NC [3N] - 7
LAGC LA [3N] - 1



11

Cypress Pointe LA [3N] - 3
Precision NC [3N] - 1
Stingrays GA [3N] - 4
Xcel LA [3N] - 3



11

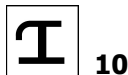
Airborne TN [3N] - 3
Foothills NC [3N] - 2
Gwinnett GA [3N] - 4
SGA NC [3N] - 2



10

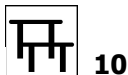
Panhandle FL [3N] - 8
Top Notch GA [3N] - 2

Flight: B - 41



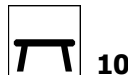
10

Acadiana LA [3N] - 3
Asheville NC [3N] - 4
Chapin Christian SC [3N] - 2
Faulkner's Elite NC [3N] - 1



10

Douglasville GA [3N] - 3
Gym Etc LA [3N] - 7



10

Soar Moor NC [3N] - 10



11

Extreme GA [3N] - 1
Jill's LA [3N] - 3
Osega NC [3N] - 6
Riverbend LA [3N] - 1

Saturday, May 2, 2026

Session: 04B -- Level 8N/9N/10N

Open Warmup 1:50 PM
March In 2:10 PM

Timed Warmup 2:20 PM
Awards 4:30 PM

Gymnasts: 36



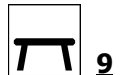
9

AcroSports LA [9N] - 2
Cypress Pointe LA [8N] - 1
Gym Etc LA [8N] - 3
Gym Etc LA [9N] - 1
New Heights LA [8N] - 1
Spirit FL [8N] - 1



9

Foothills NC [9N] - 1
Osega NC [8N] - 1
Osega NC [10N] - 1
Revive Elite NC [9N] - 6



9

Faulkner's Elite NC [9N] - 2
Jill's LA [8N] - 2
Jill's LA [9N] - 1
Jill's LA [10N] - 2
Paradigm LA [8N] - 1
Precision NC [9N] - 1



9

Asheville NC [8N] - 2
Asheville NC [10N] - 1
Chapin Christian SC [9N] - 1
LAGC LA [8N] - 3
Top Notch GA [9N] - 1
Top Notch GA [10N] - 1

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Saturday, May 2, 2026


Session: 05A -- Level 3N

Open Warmup 5:45 PM
March In 6:05 PM

Timed Warmup 6:15 PM
Awards 8:40 PM

Gymnasts: 86

Flight: A - 44


 **10**
Asheville NC [3N] - 2
Extreme GA [3N] - 4
Gym-Finity LA [3N] - 4


 **11**
New Heights LA [3N] - 2
Panhandle FL [3N] - 4
Stingrays GA [3N] - 4
Twisters TX [3N] - 1


 **12**
Jill's LA [3N] - 12

 **11**
AcroSports LA [3N] - 1
Empire LA [3N] - 1
Gwinnett GA [3N] - 8
SGA NC [3N] - 1

Flight: B - 42

 **10**
Airborne TN [3N] - 3
Top Notch GA [3N] - 2
Xcel LA [3N] - 5

 **11**
Cypress Pointe LA [3N] - 2
Gym Etc LA [3N] - 1
IGA Kids NC [3N] - 5
Soar Moor NC [3N] - 3

 **11**
Faulkner's Elite NC [3N] - 2
Foothills NC [3N] - 1
Osega NC [3N] - 5
Riverbend LA [3N] - 3

 **10**
Chapin Christian SC [3N] - 10


Saturday, May 2, 2026

Session: 05B -- Level DN


Open Warmup 4:50 PM
March In 5:10 PM

Timed Warmup 5:20 PM
Awards 7:30 PM

Gymnasts: 37

 **10**
Gwinnett GA [DN] - 1
Legacy Elite NC [DN] - 7
Panhandle FL [DN] - 2

 **9**
Acadiana LA [DN] - 2
AcroSports LA [DN] - 1
Bossier LA [DN] - 1
Faulkner's Elite NC [DN] - 2
Revive Elite NC [DN] - 3

 **9**
Chapin Christian SC [DN] - 4
SLGA LA [DN] - 1
Top Notch GA [DN] - 4

 **9**
Foothills NC [DN] - 4
Newnan Gym GA [DN] - 1
Precision NC [DN] - 4

2026 NGA Southern Regional Championship

Rotation Schedule

May 1-3, 2026

Sunday, May 3, 2026

Session: 06A -- Level GN

Open Warmup 8:00 AM
March In 8:20 AM

Timed Warmup 8:30 AM
Awards 11:00 AM

Gymnasts: 69

Flight: A - 34



9

Bossier LA [GN] - 3
In Bound GA [GN] - 1
Precision NC [GN] - 3
Xcel LA [GN] - 2



8

Gwinnett GA [GN] - 6
Storm GA [GN] - 2



9

Douglasville GA [GN] - 3
Gym Etc LA [GN] - 2
Revive Elite NC [GN] - 4



8

Gwinnett GA [GN] - 6
Soar Moor NC [GN] - 2

Flight: B - 35



9

AcroSports LA [GN] - 4
Extreme GA [GN] - 3
LAGC LA [GN] - 2



9

Spirit FL [GN] - 9



8

Empire LA [GN] - 1
Faulkner's Elite NC [GN] - 2
Legacy Elite NC [GN] - 2
Osega NC [GN] - 2
SLGA LA [GN] - 1



9

Foothills NC [GN] - 9

Sunday, May 3, 2026

Session: 06B -- Level 2BN

Open Warmup 8:00 AM
March In 8:20 AM

Timed Warmup 8:30 AM
Awards 10:40 AM

Gymnasts: 51



13

Acadiana LA [2BN] - 2
IGA Kids NC [2BN] - 3
Revive Elite NC [2BN] - 3
Soar Moor NC [2BN] - 2
Stingrays GA [2BN] - 3



13

Asheville NC [2BN] - 1
Cypress Pointe LA [2BN] - 4
Gym Etc LA [2BN] - 2
Panhandle FL [2BN] - 3
Twisters TX [2BN] - 1
Xcel LA [2BN] - 2



12

Airborne TN [2BN] - 2
Empire LA [2BN] - 6
Osega NC [2BN] - 1
Storm GA [2BN] - 3



13

AcroSports LA [2BN] - 2
Cajun Twisters LA [2BN] - 1
Gwinnett GA [2BN] - 7
Jill's LA [2BN] - 1
Riverbend LA [2BN] - 2

2026 NGA Southern Regional Championship

Rotation Schedule

May 1-3, 2026

Sunday, May 3, 2026

Session: 07A -- Level GN

Open Warmup 11:20 AM Timed Warmup 11:50 AM
March In 11:40 AM Awards 2:20 PM

Gymnasts: 71

Flight: A - 35



9

Empire LA [GN] - 1
Extreme GA [GN] - 2
Soar Moor NC [GN] - 6



9

Acadiana LA [GN] - 4
Douglasville GA [GN] - 4
Gym-Finity LA [GN] - 1



8

AcroSports LA [GN] - 3
Legacy Elite NC [GN] - 3
Top Notch GA [GN] - 2



9

In Bound GA [GN] - 3
Spirit FL [GN] - 6



9

Asheville NC [GN] - 7
Bossier LA [GN] - 2



9

Osega NC [GN] - 8
Xcel LA [GN] - 1



9

IGA Kids NC [GN] - 4
Precision NC [GN] - 3
Revive Elite NC [GN] - 2



9

Faulkner's Elite NC [GN] - 2
Gwinnett GA [GN] - 7

Sunday, May 3, 2026

Session: 07B -- Level 2BN

Open Warmup 11:00 AM Timed Warmup 11:30 AM
March In 11:20 AM Awards 1:40 PM

Gymnasts: 53



13

Asheville NC [2BN] - 4
Cypress Pointe LA [2BN] - 4
Elite CheerNastic LA [2BN] - 1
Riverbend LA [2BN] - 2
SGA NC [2BN] - 1
SLGA LA [2BN] - 1



13

Chapin Christian SC [2BN] - 1
IGA Kids NC [2BN] - 1
Osega NC [2BN] - 6
Panhandle FL [2BN] - 3
Twisters TX [2BN] - 2



13

AcroSports LA [2BN] - 1
Gym-Finity LA [2BN] - 1
Jill's LA [2BN] - 1
Revive Elite NC [2BN] - 1
Stingrays GA [2BN] - 3
Xcel LA [2BN] - 6



13

Gwinnett GA [2BN] - 13

Sunday, May 3, 2026

Session: 08A -- Level 4N

Open Warmup 2:40 PM Timed Warmup 3:10 PM
March In 3:00 PM Awards 5:30 PM

Gymnasts: 72

Flight: A - 36



9

Panhandle FL [4N] - 9



9

Gym Etc LA [4N] - 8
In Bound GA [4N] - 1



9

Cypress Pointe LA [4N] - 5
Gym-Finity LA [4N] - 2
Stingrays GA [4N] - 2



9

Airborne TN [4N] - 2
Cajun Twisters LA [4N] - 5
LAGC LA [4N] - 2



9

Asheville NC [4N] - 7
IGA Kids NC [4N] - 2



9

Elite CheerNastic LA [4N] - 1
New Heights LA [4N] - 3
SGA NC [4N] - 5



8

Alpharetta GA [4N] - 4
Douglasville GA [4N] - 4



10

Empire LA [4N] - 4
Jill's LA [4N] - 4
Riverbend LA [4N] - 2