

UPDATED
4/15/2026

2026 NGA WESTERN REGIONAL ZONE CHAMPIONSHIPS



FRIDAY, MAY 1, 2026 – WOMEN – GYM A (Modified Capital Cup)

SESSION 1A – GN CHILD (56)	SESSION 2A – GN JUNIOR (58)
O.Stretch 3:00, MI 3:20, Awards 5:25	O.Stretch 5:40, MI 6:00, Awards 8:05
Arete UT Bay Aerials CA Central Coast CA Elite UT Empower CA Feather River Elite CA Gymnastics Beat CA Lee's United CA Pacific Edge CA Pacific Flips GB CA Pacific Flips SM CA Perfect 10 CA Performance CA Redwood Empire CA San Francisco Gymnastics CA Seattle Gymnastics WA Santa Rosa CA Tooele UT Tumble Time CA Utah Twisters UT Wasatch UT	Arete UT Bay Aerials CA Central Coast CA Elite UT Feather River Elite CA Gymnastics Beat CA Pacific Edge CA Pacific Flips GB CA Pacific Flips SM CA Perfect 10 CA Performance CA Redwood Empire CA Rising Star CA San Francisco Gymnastics CA Seattle Gymnastics WA Santa Rosa CA Star WY Tooele UT Tumble Time CA Utah Twisters UT

FRIDAY, MAY 1, 2026 – WOMEN – GYM B (Modified Traditional)

SESSION 1B – 4N CHILD (45)	SESSION 2B – 4N JUNIOR (44)
O.Stretch 3:00, MI 3:20, Awards 5:50	O.Stretch 6:05, MI 6:25, Awards 8:55
Arete UT Classic CA Empower CA Fortis AZ Mendocino Starz CA Pacific Edge CA Pacific Flips SM CA Passion Plus UT Rising Star CA Santa Rosa CA Sweet's CA Tooele UT Tumble Time CA Wave CA	Classic CA Empower CA Fortis AZ Mendocino Starz CA Pacific Edge CA Pacific Flips SM CA Passion Plus UT Rising Star CA Santa Rosa CA Sweet's CA Tumble Time CA USAGYM AZ Wave CA

2026 NGA WESTERN REGIONAL ZONE CHAMPIONSHIPS
SATURDAY, MAY 2, 2026 – WOMEN – GYM A (Modified Capital Cup)

SESSION 3A – 3N CHILD (84)	SESSION 4A – 3N JUNIOR (88)	SESSION 5A – 5N (57)	SESSION 6A – 8N/DN/9N/10N (65)
O.Stretch 8:00 MI 8:20, Awards 10:55	O.Stretch 11:10, MI 11:30 Awards 2:15	O.Stretch 2:30, MI 2:50, Awards 5:00	O.Stretch 5:15, MI 5:35, Awards 8:50
Bay Aerials CA Classic CA California Strong CA Elite UT Empower CA Flip 1 st CA Fortis AZ High Uinta WY Lee's United CA Mendocino Starz CA Pacific Edge CA Pacific Flips GB CA Pacific Flips SM CA Rising Star CA Santa Rosa CA Star WY Sweet's CA Tooele UT Tumble Time CA USAGYM AZ Wave CA	Bay Aerials CA Classic CA California Strong CA Elite UT Empower CA Flip 1 st CA High Uinta WY Hollywood Elite CA Lee's United CA Mendocino Starz CA Pacific Edge CA Pacific Flips GB CA Pacific Flips SM CA Rising Star CA Seattle Gymnastics WA Santa Rosa CA Sweet's CA Tooele UT Tumble Time CA USAGYM AZ Wave CA	Arete UT Feather River Elite CA Fortis AZ Pacific Flips GB CA Pacific Flips SM CA Passion Plus UT Rising Star CA Santa Rosa CA Tooele UT Tumble Time CA USAGYM AZ Wave CA	Arete UT Bay Aerials CA Central Coast CA CSC Cambrianna CA CSC Great Oaks CA CSC Morgan Hill CA Delta Flyers UT Feather River Elite CA Fortis AZ High Uinta WY Lee's United CA Pacific Edge CA Pacific Flips SM CA Perfect 10 CA Passion Plus UT Seattle Gymnastics WA Santa Rosa CA Star WY Tumble Time CA USAGYM AZ Wave CA

SATURDAY, MAY 2, 2026 – WOMEN – GYM B (Modified Traditional)

SESSION 3B – 6N (35)	SESSION 4B – 7N (37)	SESSION 5B – PN JUNIOR (49)	SESSION 6B – PN SENIOR (52)
O.Stretch 8:00, MI 8:20, Awards 10:30	O.Stretch 10:45, MI 11:05, Awards 1:25	O.Stretch 1:40, MI 2:00, Awards 4:55	O.Stretch 5:10, MI 5:30, Awards 8:30
Arete UT Fortis AZ High Uinta WY Pacific Flips SM CA Santa Rosa CA Star WY Tumble Time CA USAGYM AZ Wave CA	Arete UT Elite UT Feather River Elite CA Fortis AZ Gymtowne SSF CA High Uinta WY Lee's United CA Pacific Edge CA Pacific Flips SM CA Rising Star CA Santa Rosa CA Tooele UT Tumble Time CA Wave CA	Apex UT Bay Aerials CA Central Coast CA CSC Cambrianna CA CSC Great Oaks CA CSC Sunnyvale CA Delta Flyers UT Elite UT Lee's United CA Pacific Edge CA Perfect 10 CA Redwood Empire CA Rising Star CA San Francisco Gymnastics CA Seattle Gymnastics WA Santa Rosa CA	Tooele UT Wasatch UT Apex UT Bay Aerials CA CSC Cambrianna CA CSC Great Oaks CA CSC Morgan Hill CA CSC Sunnyvale CA Elite UT Empower CA Lee's United CA Pacific Edge CA Pacific Flips SM CA Rising Star CA Seattle Gymnastics WA Santa Rosa CA Star WY Tumble Time CA

2026 NGA WESTERN REGIONAL ZONE CHAMPIONSHIPS

SUNDAY, MAY 3, 2026 – WOMEN – GYM A (Modified Capital Cup)

SESSION 7A – 1N/2BN CHILD (67)	SESSION 8A – 2BN JUNIOR (65)	SESSION 9A – SN CHILD (66)	SESSION 10A – SN JUNIOR (66)
O.Stretch 8:00, MI 8:20, Awards 10:10	O.Stretch 10:25, MI 10:45, Awards 12:35	O.Stretch 12:50, MI 1:10, Awards 3:15	O.Stretch 3:30, MI 3:50, Awards 5:55
Bay Aerials CA Black Diamond CA Classic CA Empower CA Feather River Elite CA Fortis AZ Gymnastics Beat CA Lee's United CA Pacific Flips GB CA Pacific Flips SM CA Pacific Flips SYV CA Rising Star CA San Francisco Gymnastics CA Seattle Gymnastics WA Santa Rosa CA Tumble Time CA	Arete UT Bay Aerials CA Black Diamond CA Classic CA Empower CA Fortis AZ Lee's United CA Pacific Flips GB CA Pacific Flips SM CA Pacific Flips SYV CA Redwood Empire CA Rising Star CA San Francisco Gymnastics CA Santa Rosa CA Tumble Time CA	Arete UT Black Diamond CA Central Coast CA Empower CA Feather River Elite CA Gymnastics Beat CA Lee's United CA Pacific Flips SM CA Pacific Flips SYV CA Perfect 10 CA Performance CA Redwood Empire CA Rising Star CA San Francisco Gymnastics CA Santa Rosa CA Tooele UT Utah Twisters UT Wasatch UT	Arete UT Bay Aerials CA Black Diamond CA Central Coast CA Empower CA Hollywood Elite CA Lee's United CA Pacific Flips SM CA Pacific Flips SYV CA Perfect 10 CA Performance CA Redwood Empire CA Rising Star CA San Francisco Gymnastics CA Santa Rosa CA

SUNDAY, MAY 3, 2026 – MEN – GYM B

SESSION 7B – MEN 1N/1NX/2N/3N (55)	SESSION 8B – MEN 4N/5N (40)	SESSION 9B – MEN 6N/7N/8N/9N (28)
O.Stretch 8:00, MI 8:20, Awards 10:50	O.Stretch 11:10, MI 11:30 Awards 1:40	O.Stretch 2:00, MI 2:20 Awards 4:20
Classic CA Elite UT Excel CA Feather River Elite CA Lee's United CA NorCal Elite CA Pacific Edge CA Pacific Flips SM CA Redwood Empire CA Rising Star CA Tumble Time CA USAGYM AZ V-Force Elite CA	Arete UT Classic CA California Strong CA Elite UT Excel CA Feather River Elite CA NorCal Elite CA Perfect 10 CA Redwood Empire CA Rising Star CA Tumble Time CA USAGYM AZ V-Force Elite CA	Arete UT Classic CA CSC Race CA Delta Flyers UT Elite UT Lee's United CA NorCal Elite CA Perfect 10 CA Redwood Empire CA Rising Star CA Tumble Time CA USAGYM AZ V-Force CA

