

7:30	Doors Open To Spectators - Staging Open for Stretching				7:30		
7:40	Coaches & Judges Meeting				7:40		
7:55	Welcome & National Anthem				7:55		
EVENT	TRAMPOLINE A	TRAMPOLINE B	TUMBLING	DOUBLE MINI	EVENT		
8:00	 <p><b>IGN WINTER WONDERLAND USAG INVITATIONAL</b></p> <p>DoubleTree Cedar Rapids Convention Complex 350 1st Ave NE Cedar Rapid, IA 52401</p> <p>Saturday, February 21, 2026</p> <p>www.iowagymnestevents.com</p> 	<b>GENERAL WARM UP LEVELS 8-ELITE</b>	1 - L4 F (11-12 Flight 1)	<b>GENERAL WARM UP LEVELS 8-ELITE</b>	8:00		
8:15					2 - L4 F (11-12 Flight 2)		8:15
8:20					3 - L4 F (11-12 Flight 3)		8:20
8:30					4 - L3 M, L4 M		8:30
8:40			5 - L5 M, L6 M, L7 M		8:40		
8:45			6 - L3 F (11-12 Flight 1 & Flight 2)		8:45		
9:00			7 - L5 F (11-12 Flight 1 & Flight 2)		9:00		
9:15			8 - L6 F (11-12 Flight 1 & Flight 2)		9:15		
9:20			9 - L6 F (13-14 Flight 1)		9:20		
9:30			10 - L6 F (13-14 Flight 2)		9:30		
9:40		11 - L7 F (9-10,11-12,13-14)		9:40			
9:45		12 - L1 F (6U,7-8), L2 F (7-8)		9:45			
10:00		13 - L2 F (9-10), L2 M (7-8,9-10)		10:00			
10:15		14 - L2 F (11-12,13-14)		10:15			
10:20		LUNCH BREAK		10:20			
10:30		<b>GENERAL WARM UP LEVELS 8-ELITE</b>			10:30		
10:40					10:40		
10:45					10:45		
11:00					11:00		
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1:00					1:00		
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1:30					1:30		
1:40	9A - L4 F (11-12 Flight 1)	9B - L5 F (9-10)			1:40		
1:45					1:45		
2:00	10A - L4 F (11-12 Flight 2)	10B - L6 F (9-10), L7 F (9-10)	15 - Youth Elite, Junior Elite, Senior Elite, L10 M	16 - L3 M, L4 M, L5 M	2:00		
2:15					2:15		
2:20	11A - L3 F (11-12,13-14)	11B - L5 F (11-12 Flight 1)	16 - L9 F (11-12,15+)	17 - L6 M, L7 M	2:20		
2:30					2:30		
2:40	12A - L3 F (9-10)	12B - L5 F (11-12 Flight 2)	17 - L8 M, L9 M	18 - L6 F (13-14), L7 F (13-14)	2:40		
2:45					2:45		
3:00	13A - L3 F (7-8)	13B - L5 F (11-12 Flight 3)	18 - L8 F (13-14)	19 - L5 F (13-14 Flight 1)	3:00		
3:15					3:15		
3:20	14A - L1 F (6U,7-8,9-10, 11-12) L2 F (7-8,9-10,11-12)	14B - L6 F (11-12)	19 - L8 F (8U,9-10,11-12)	20 - L5 F (13-14 Flight 2)	3:20		
3:30					3:30		
3:40	15A - L4 F (7-8), L5 F (8U)	15B - L7 F (11-12)	20 - L8 F (15+)	21 - L4 F (13-14)	3:40		
3:45					3:45		
4:00	16A - L4 F (9-10 Flight 1)	16B - L6 F (13-14)	21 - L3 F (7-8), L4 F (7-8)	22 - L5 F (11-12 Flight 1)	4:00		
4:15					4:15		
4:20	17A - L4 F (9-10 Flight 2)	17B - L5 F (13-14)	22 - L4 F (9-10)	23 - L5 F (11-12 Flight 2)	4:20		
4:30					4:30		
4:40	18A - L4 F (13-14)	18B - L7 F (13-14 Flight 1)	23 - L3 F (9-10 Flight 1)	24 - L5 F (11-12 Flight 3)	4:40		
4:45					4:45		
5:00	19A - L2 M, L3 M, L4 M, L5 M	19B - L7 F (13-14 Flight 2)	24 - L3 F (9-10 Flight 2)	25 - L4 F (7-8)	5:00		
5:15					5:15		
5:20	20A - L6 M, L7 M	20B - L4 F (15+), L5 F (15+)	25 - L5 F (9-10), L6 F (9-10)	26 - L4 F (11-12 Flight 1)	5:20		
5:30					5:30		
5:40		21 - L7 F (15+ Flight 1)	26 - L5 F (13-14 Flight 1 & Flight 2)	27 - L4 F (11-12 Flight 2)	5:40		
5:45		22 - L7 F (15+ Flight 2)	27 - L3 F (13-14), L4 F (13-14)	28 - L4 F (11-12 Flight 3)	5:45		
5:50			28 - L6 F (15+), L7 F (15+)	29 - L4 F (9-10 Flight 1)	5:50		
6:00			29 - L5 F (8U,15+)	30 - L4 F (9-10 Flight 2)	6:00		
6:15			30 - L3 F (15+), L4 F (15+)	31 - L4 F (9-10 Flight 3)	6:15		
6:20				32 - L6 F (11-12), L7 F (11-12)	6:20		
6:30	23 - Synchronized Trampoline			33 - L5 F (9-10), L6 F (9-10), L7 F (9-10)	6:30		
6:40				34 - L7 F (15+)	6:40		
6:50					6:50		
7:00					7:00		
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8:30					8:30		

\* Please arrive at least 1 hour prior to your first event (with the exception of the first flights of the day), as events may run up to 30 minutes ahead of schedule  
 \* Enter venue at the Alliant Energy Powerhouse Ticket Box Office off 1st Ave. Admission paid at ticket office.  
 \* Awards will be presented on the competition floor directly following each flight, unless noted above

LIVE RESULTS POSTED ONLINE @ [www.iowagymnestevents.com](http://www.iowagymnestevents.com)