

Inside Gymnastics 2026

LR Productions @ Ft Wayne, IN

January 31, 2026 - February 1, 2026

Session 1. NGA 1N, 2BN, SN

Saturday, Jan 31, 2026

69 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:25 AM

Session 2. NGA 3N

79 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:40 AM

March In: 11:00 AM

Awards: 1:20 PM

Session 3. NGA 4N, 6N

56 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:35 PM

March In: 1:55 PM

Awards: 4:10 PM

Session 4. NGA 5N, GN

60 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:25 PM

March In: 4:45 PM

Awards: 6:45 PM

Session 5. NGA PN, 7N, 8N, DN, 9N

45 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 7:00 PM

March In: 7:20 PM

Awards: 9:35 PM

Session 6: Level 2, Bronze

Sunday, Feb 1, 2026

59 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 8:00 AM

March In: 8:20 AM

Awards: 10:05 AM

Session 7. Level 3, 4, 5, Silver

58 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 10:25 AM

March In: 10:45 AM

Awards: 12:45 PM

Session 8. Level 6, Gold

67 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 1:05 PM

March In: 1:25 PM

Awards: 3:40 PM

Session 9. Level 7-10, Platinum, Diamond, Sapphire

65 gymnasts

Format: Modified Capitol Cup

Open Stretch Begins: 4:00 PM

March In: 4:20 PM

Awards: 7:25 PM