

Fall Flip Invitational

Traditional Gymnastics

November 14, 2026 - November 15, 2026

Session 1. AAU Copper, Bronze

Saturday, Nov 14, 2026

39 gymnasts

Format: Modified Traditional

Open Stretch Begins: 9:30 AM

March In: 9:50 AM

Awards: 11:30 AM

Session 2. AAU Silver, Gold, Plat, Diam

47 gymnasts

Format: Modified Traditional

Open Stretch Begins: 11:50 AM

March In: 12:10 PM

Awards: 3:30 PM

Session 3. USAG Level 2, 3, Gold

36 gymnasts

Format: Modified Traditional

Open Stretch Begins: 3:50 PM

March In: 4:10 PM

Awards: 6:05 PM

Session 4. USAG Levels 4,5,6,7,8,9, Plat, Diam

32 gymnasts

Format: Modified Traditional
Open Stretch Begins: 6:25 PM
March In: 6:45 PM
Awards: 9:00 PM

Session 5. USAG Bronze, Silver

Sunday, Nov 15, 2026

48 gymnasts
Format: Modified Traditional
Open Stretch Begins: 8:00 AM
March In: 8:20 AM
Awards: 10:20 AM

Session 6. Pre-Team

0 gymnasts
Format: Modified Traditional
Open Stretch Begins: 10:40 AM
March In: 11:00 AM
Awards: after