



Games in Ames 2026

This Meet Schedule is as of December 28, 2025

Friday – February 6, 2026

Session 101 – Level 5,6,7

All Teams

8:30 – 8:50	Open Stretch
8:50 – 8:55	Introduction
8:55 – 11:20	Competition
11:25	Awards

Session 102 – Xcel Platinum

All Teams

11:55 – 12:15	Open Stretch
12:15 – 12:20	Introduction
12:20 – 2:20	Competition
2:25	Awards

Session 103 – Level 4

All Teams

3:00 – 3:20	Open Stretch
3:20 – 3:25	Introduction
3:25 – 5:15	Competition
5:20	Awards

Session 104 – Level 8,9,10,XD,XSA

All Teams

5:50 – 6:10	Open Stretch
6:10 – 6:15	Introduction
6:15 – 9:15	Competition
9:20	Awards

Saturday – February 7, 2026

Session 105 – Xcel Gold

SUCCESS, Mid Iowa, NCIG, SGA, Team Flip, Liberty

8:30 – 8:45	Open Stretch
8:45 – 8:50	Introduction
8:50 – 10:50	Competition
10:55	Awards

Session 106 – Xcel Gold

Evolve, Fitnastics, RUBY, Emerge, Arising Stars, Twisters, Chows

11:25 – 11:40	Open Stretch
11:40 – 11:45	Introduction
11:45 – 2:10	Competition
2:15	Awards

Saturday – February 7, 2026

Session 107 – Level 3

BHG, Arising Stars, SUCCESS, SGA, Emerge, RUBY, Twisters

2:45 – 3:00	Open Stretch
3:00 – 3:05	Introduction
3:05 – 4:55	Competition
5:00	Awards

Session 108 – Level 3 & Xcel Silver

L3 – IGN, TRIAD

XS – Mid Iowa, Team Flip, Twisters, RUBY, Emerge, Arising Stars, Pella

5:30 – 5:45	Open Stretch
5:45 – 5:50	Introduction
5:50 – 8:30	Competition
8:35	Awards

Sunday – Feb 8, 2026

Session 109 – Xcel Silver

SGA, SUCCESS, Chows, Fitnastics, NCIG, IGN

8:30 – 8:45	Open Stretch
8:45 – 8:50	Introduction
8:50 – 11:00	Competition
11:05	Awards

Session 110 – Level 2 & Xcel Bronze

Level 2 – All Teams

XB – Evolve, Mid Iowa, IGN, Team Flip, RUBY, Pella

11:35 – 11:50	Open Stretch
11:50 – 11:55	Introduction
11:55 – 1:45	Competition
1:50	Awards

Session 111 – Xcel Bronze & HUGS

HUG – SGA

XB – SGA, Twisters, NCIG, SUCCESS

2:20 – 2:35	Open Stretch
2:35 – 2:40	Introduction
2:40 – 4:20	Competition
4:25	Awards