# 2026 Region 1

# Level 6/7 Regional Championships

April 17-19, 2026 (Oldest to Youngest)

## Level 6 - Red Gym

| | Open Stretch | Age Group | | Birthdate Range |
|---|---|---|---|---|
| **Friday** | | | | |
| Sess 1 | 8:00am | Sr P-T | older 14 yrs & older | 1-1-09 to 2-9-12 |
| Sess 2 | 11:30am | Sr K-O | older 13 to younger 14 yrs | 2-10-12 to 10-13-12 |
| Sess 3 | 3:00pm | Sr F-J | middle 13 yrs | 10-14-12 to 4-3-13 |
| Sess 4 | 6:30pm | Sr A-E | older 12 to younger 13 yrs | 4-4-13 to 9-21-13 |
| **Saturday** | | | | |
| Sess 5 | 8:00am | Jr K-O | middle 12 yrs | 9-22-13 to 1-20-14 |
| Sess 6 | 11:30am | Jr F-J | older 11 to younger 12 yrs | 1-21-14 to 6-16-14 |
| Sess 7 | 3:00pm | Jr A-E | middle 11 yrs | 6-17-14 to 10-25-14 |
| Sess 8 | 6:30pm | St 1-5 | State Team | ALL AGES |
| **Sunday** | | | | |
| Sess 9 | 8:00am | Ch K-O | older 10 to younger 11 yrs | 10-26-14 to 5-8-15 |
| Sess 10 | 11:30am | Ch A-J | 8 yrs to younger 10 yrs | 5-9-15 to 12-31-17 |

## Level 7 - Blue Gym

| Age Group | | Birthdate Range |
|---|---|---|
| Sr P-T | older 14 yrs & older | 1-1-08 to 4-26-11 |
| Sr K-O | middle 14 yrs | 4-27-11 to 3-20-12 |
| Sr F-J | older 13 to younger 14 yrs | 3-21-12 to 10-24-12 |
| Sr A-E | middle 13 yrs | 10-25-12 to 3-27-13 |
| Jr K-O | older 12 to younger 13 yrs | 3-28-13 to 9-5-13 |
| Jr F-J | middle 12 yrs | 9-6-13 to 4-4-14 |
| Jr A-E | older 11 to younger 12 yrs | 4-5-14 to 12-10-14 |
| St 1-5 | State Team | ALL AGES |
| Ch A-E | 9 yrs to younger 11 yrs | 12-11-14 to 12-31-17 |

| Admission Prices (Parking $15) | | | Meet Location | Hotels & Info |
|---|---|---|---|---|
| Doors open 7:30am all 3 days | Single Sess | Per Day | Sonoma County Events Center at the Fairgrounds<br>1450 Bennett Valley Rd<br>Santa Rosa, CA 95404 | See website<br>REGymnastics.com |
| Adults (12-64) | $20 | $35 | | |
| Kids (4-11) & Seniors (65+) | $15 | $20 | | |
| Kids 3 & under | Free | Free | | |

Current as of 4/1/26