2026 Region 1

Level 6/7 Regional Championships

(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 1450 Bennett Valley Rd Santa Rosa, CA 95404	See website REGymnastics.com
Adults (12-64)	$20	$35		
Kids (4-11) & Seniors (65+)	$15	$20		
Kids 3 & under	Free	Free		

Current as of 4/1/2026