

Girl Power

Hosted By: ASI The Woodlands

March 22, 2026

**DOORS WILL OPEN 15 MINUTES PRIOR TO OPEN STRETCH FOR EACH SESSION
PLEASE CHECK THE ATHLETE ROSTER FOR DIVISIONS**

Sunday March 22, 2026

Session 1

<u>Level 1:</u>	Houston Elite, Texas Excellence
<u>Level 2:</u>	ASI The Woodlands, Houston Elite, Texas Excellence
<u>Level 3:</u>	ASI The Woodlands
<u>Level XS:</u>	ASI The Woodlands, Houston Elite, Showcase, Tregoub's Gymnastics Academy
Coaches' Meeting	8:00 AM
Open Stretch	8:05 AM
March In	8:25 AM
Competition	8:35 AM
Awards	11: 00 AM

Session 2

<u>Level XB:</u>	ASI The Woodlands, Showcase, Tregoub's Gymnastics Academy
Coaches' Meeting	12: 00 PM
Open Stretch	12:05 PM
March In	12:25 PM
Competition	12:35 PM
Awards	2:30 PM

Sunday March 22, 2026

Session 3

Level 5: Houston Elite

Level 7: Houston Elite

Level XG: ASI The Woodlands, Showcase, Houston Elite, Tregoub's Gymnastics Academy

Level XP: Showcase

Coaches' Meeting 3:30 PM

Open Stretch 3:35 PM

March In 3:55 PM

Competition 4:05 PM

Awards 5:50 PM