

2026 Simone Biles International Invitational - Final Schedule

Location: George R Brown Convention Center, Hall A1

1001 Avenida De Las Americas, Houston, TX 77010

****Updated 12/22/2025 11:00am****

GYM A	GYM B	GYM C
<i>Friday, January 23, 2026</i>	<i>Friday, January 23, 2026</i>	<i>Friday, January 23, 2026</i>
Session 1A: Xcel Bronze	Session 1B: Xcel Platinum	Session 1C: Elite Optional Hopes **Subject to change due to division changes/scratches
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Traditional</i>
General Stretch: 8:00am Awards in Gym A: 10:30am	General Stretch: 8:00am Awards in Gym B: 11:00am	General Stretch: 8:00am Awards in Gym C: 11:00am
Above The Bar, Champions TX, Champions Westlake, LA Gold, Rise Gymnastics, TNT Elite, Tumbles Athletic Center, World Champions Centre	360 Elite, Alpha Gymnastics, ASI Woodlands, Austin Elite, Champions Houston, Empower, Houston Gymnastics Center, H-Town Elite, IGN, Maximum, Montgomery, Pearl Gymnastics, Shasta Gymnastics, SoLa Gymnastics, Velocity, World of Gymnastics	360 Elite, Austin Elite, Flips, Fuzion, IGN, Omaha Gymnastics, Pride Gymnastics, United Elite, World Champions Centre, YLGA
Session 2A: Xcel Bronze	Session 2B: Xcel Platinum	Session 2C: Elite Optionals Juniors & Seniors **Subject to change due to division changes/scratches
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Traditional</i>
General Stretch: 11:30am Awards in Gym A: 2:00pm	General Stretch: 12:00pm Awards in Gym B: 3:00pm	General Stretch: 11:15am Awards in Gym C: 2:15pm
Capital Gymnastics, Champions Houston, Elevate Athletics, Gym World Naples, IGN, Maximum, Mimi's Tumble Bees, Montgomery, SoLa Gymnastics, WGA	Above The Bar, Champions Westlake, JCC Gymnastics-Dallas, Kentucky Gymnastics Academy, LA Gold, North East TX Elite, Reflex, Rise Gymnastics, St. Louis Gym Centre, Sunburst, TNT Elite, Tumbles Athletic Center, World Champions Centre	360 Elite, All American, Buckeye Gymnastics, Cincinatti Gymnastics, City Club, Cypress, Flips, Full Force, IGN, Legacy Gymnastics, Metroplex, Pearland Elite, Twin City Twisters, World Champions Centre
Session 3A: Xcel Bronze	Session 3B: Xcel Diamond/Sapphire	Session 3C: Level 8
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>
General Stretch: 3:00pm Awards in Gym A: 5:30pm	General Stretch: 4:00pm Awards in Gym B: 7:15pm	General Stretch: 2:30pm Awards in Gym C: 5:30pm
Club Gimnastico Carbonell, Fearless Gymnastics, Galax Gymnastics, High Velocity, K2 Academy, Kids In Perfect Shape, North East TX Elite, Paradise Gymnastics, Pearl Gymnastics, Reflex, Rowland Ballard, StarZone, Taylor'ed Gymnastics, The Wolf Gymnastics	360 Elite, Above The Bar, Champions Houston, Champions Westlake, IGN, LA Gold, Maximum, Montgomery, Rise Gymnastics, St. Louis Gym Centre, SoLa Gymnastics, Sunburst Boerne, TNT Elite, Velocity Gymnastics, World Champions Centre, World Of Gymnastics	Acrotex, Austin Elite, Biron Gymnastics, Club Levic, Denton Gymnastics, Diamond Gymnastics, Empower, JCC Gymnastics-Dallas, North Shore, Paradigm, Santa Fe Sports, TAAG, Texas Tumbleweeds, Thunder Elite, World Champions Centre
		Session 4C: Level 8
		<i>Continuous Capital Cup</i>
		General Stretch: 6:15pm Awards in Gym C: 9:15pm
		360 Elite, Above The Bar, All American-Lynbrook, Champions Houston, Crenshaws, Discover, Gymnastics World Naples, IGN, J & R Gymnastics, Kentucky Gymnastics Academy, LA Gold, Maximum, North East TX Elite, Taylor'ed Gymnastics, World Of Gymnastics

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GYM A	GYM B	GYM C
<i>Saturday, January 24, 2026</i>	<i>Saturday, January 24, 2026</i>	<i>Saturday, January 24, 2026</i>
Session 4A: Level 1 & 2	Session 4B: Xcel Gold	Session 5C: Level 7
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>
General Stretch: 8:00am Awards in Awards Area A: 10:45am	General Stretch: 8:00am Awards in Award Area B: 10:45am	General Stretch: 8:00am Awards in Gym C: 10:30am
All American-Lynbrook: L2 Acrogym: L1 Bgymnastics-Mexico: L1 Club Escuela de Gimnasia-Peru: L1 & L2 Club FlikFlak: L1 & L2 Club Gimnastico Carbonell: L1 & L2 Diamond Gymnastics: L 1 El SHams: L1 Empower: L2 Maximum: L2 Olympika Gymnastics: L1 & L2 Paradise Gymnastics: L1 & L2 Pirouette: L1 & L2 Power Gymnastics Academy: L2 SoLa Gymnastics: L2 Starzone: L2 Thunder Elite: L2	360 Elite, Above The Bar, Capital Gymnastics, Club Gimnastico Carbonell, Fearless Gymnastics, JCC Gym - Dallas, Mimi's Tumble Bees, SoLa Gymnastics	All American TX, ASI Lakewood, Austin Elite, Biron Gymnastics, Club Gimnastico Carbonell, Club Levic, Crenhaws, Diamond Gymnastics, Club Escuela de Gimnasia-Peru, Gymnatics World Naples, Gymnigan, High Velocity, North East TX Elite, NorthStar, Power Gymnastics Academy, Sugar Land, TAAG, Thunder Elite
Session 5A: Level 3	Session 5B: Xcel Gold	Session 6C: Level 7
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>
General Stretch: 11:15am Awards in Awards Area A: 2:00pm	General Stretch: 11:15am Awards in Award Area B: 2:00pm	General Stretch: 11:15am Awards in Gym C: 1:45pm
360 Elite, All American-Lynbrook, Club Gimnastico Carbonell, Club Escuela de Gimnasia-Peru, Club FlikFlak, Club Levic, Empower, Gymnastics World Naples, High Velocity, IGN, Maximum, Olympika Gymnastics, Paradise Gymnastics, Rockview Gymnastics, SoLa Gymnastics, Sugar Land, USA Twisterz, YOLO Gymnastics	ASI Lakewood, Champions TX, Elevate Athletics, Gymnastics World Naples, LA Gold, Olympika Gymnastics, Paradise Gymnastics, Reflex, Rowland Ballard, TNT Elite, Tumbles Athletic Centre	360 Elite, All American-Lynbrook, Above The Bar, Acrogym, Acrotex, Champions Houston, Club Levic, Denton Gymnastics, Discover, East Bay Gymnastics, Empower, Full Force, IGN, Kentucky Gymnastics, LA Gold, Maximum, North Shore, Pirouette, Taylor'ed Gymnastics, Texas Tumbleweeds, World Champions Centre, World of Gymnastics
Session 6A: Level 4	Session 6B: Xcel Gold	Session 7C: Level 9
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>
General Stretch: 2:30pm Awards in Awards Area A: 5:30pm	General Stretch: 2:30pm Awards in Award Area B: 5:15pm	General Stretch: 2:30pm Awards in Gym C: 6:00pm
All American-Lynbrook, Bgymnastics-Mexico, Club Gimnastico Carbonell, Club FlikFlak, Club Levic, Club Escuela de Gimnasia-Peru, Crenshaws, Diamond Gymnastics, Empower, Galax Gymnastics, Gymnastics World Naples, High Velocity, IGN, Olympika Gymnastics, Paradise Gymnastics, Pirouette, Power Gymnastics Academy, Rockview Gymnastics, Soleil Gymnastics, StarZone, Sunburst Boerne, YOLO Gymnastics	All American TX, Champions Westlake, Empower, IGN, Kids in Perfect Shape, North East TX Elite, Shasta Gymnastics, St. Louis Gymnastics Center, Taylor'ed Gymnastics, The Wolf Gymnastics, World Champions Centre	360 Elite, All American TX, Austin Elite, Club Levic, Crenshaws, Denton Gymnastics, Discover, Empower, Full Force, IGN, Kentucky Gymnastics, Maximum, Metroplex, North Shore, NorthStar, Paradigm, Power Gymnastics Academy, Sugar Land, TAAG, Thunder Elite, World Champion Centre, Word Of Gymnastics
Session 7A: Level 5/HUGS	Session 7B: Xcel Gold	Session 8C: Level 10
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>
General Stretch: 6:00pm Awards in Awards Area A: 8:45pm	General Stretch: 5:45pm Awards in Award Area B: 8:30pm	General Stretch: 6:45pm Awards in Gym C: 9:45pm
Level 5: Acrogym, Club Levic, Club Gimnastico Carbonell, Club Escuela de Gimnasia-Peru, Crenshaws, Empower, Full Force, High Velocity, IGN, J&R Gymnastics, North East TX Elite, Paradigm, Rise Gymnastics, Rockiew Gymnastics, StarZone, TAAG, World Champions Centre, YOLO Gymnastics HUGS: JC Gymnastics, Kinetic Kids, Leyva Gymnastics, World Class Gymnastics	Alpha Gymnastics, Galax, Gymnastics, Montgomery, Rise Gymnastics, Sunburst, Velocity Gymnastics, World Of Gymnastics	360 Elite, Acrotex, Austin Elite, Champions Houston, Crenshaws, Denton Gymnastics, Discover, Empower, IGN, J&R Gymnastics, Metroplex, North Shore, Sugar Land, Thunder Elite, World Champions Centre

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GYM A	GYM B	GYM C
<i>Sunday, January 25, 2026</i>	<i>Sunday, January 25, 2026</i>	<i>Sunday, January 25, 2026</i>
Session 8A: Level 2	Session 8B: Xcel Silver	Session 9C: Level 6
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>
General Stretch: 8:00am Awards in Awards Area A: 10:45am	General Stretch: 8:00am Awards in Award Area B: 10:45am	General Stretch: 8:00am Awards in Gym C: 11:00am
Acrogym, Austin Elite, Bgymnastics, Diamond Gymnastics, Discover, Rockview Gymnastics, Sugar Land, Texas Twisters GTX, World Champions Centre	Alpha Gymnastics, Champions Westlake, Club Gimnastico Carbonell, Galax Gymnastics, Gymnastics World Naples, High Velocity, LA Gold, MiMi's Tumble Bees, Olympika Gymnastics, Tumbles Athletic Centre	All American-Lynbrook, Austin Elite, Club Levic, Club Escuela de Gimnasia-Peru, Gymnastics World Naples, Gymnigan, High Velocity, IGN, North Shore, Olympika Gymnastics, Paradise Gymnastics, StarZone, Taylor'ed Gymnastics, Thunder Elite, YOLO Gymnastics
Session 9A: Level 3	Session 9B: Xcel Silver	Session 10C: Level 6
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>
General Stretch: 11:15am Awards in Awards Area A: 2:00pm	General Stretch: 11:00am Awards in Award Area B: 1:45pm	General Stretch: 11:45am Awards in Gym C: 2:45pm
Austin Elite, Bgymnastics, Club Gimnastico Carbonell, Diamond Gymnastics, Discover, Full Force, North East TX Elite, Pirouette, Soliel, StarZone, Sunburst Boerne, Texas Twisters GTX, Thunder Elite, World Champions Centre	360 Elite, All American TX, Capital Gymnastics, Elevate Athletics, Fearless Gymnastics, IGN, Kids In Perfect Shape, North East TX Elite, Paradise Gymnastics, Pearl Gymnastics, SoLa Gymnastics, Sunburst, Taylor'ed Gymnastics, The Wolf Gymnastics, Velocity Gymnastics	360 Elite, ASI Lakewood, Club Gimnastico Carbonell, Crenshaws, Denton Gymnastics, North East TX Elite, Paradigm, TAAG, Texas Tumbleweeds, World Champions Centre, World Of Gymnastics, YOLO Gymnastics
Session 10A: Level 4	Session 10B: Xcel Silver	Session 11C: Level 6
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>
General Stretch: 2:30pm Awards in Awards Area A: 5:15pm	General Stretch: 2:15pm Awards in Award Area B: 4:30pm	General Stretch: 3:30pm Awards in Gym C: 6:00pm
360 Elite, Austin Elite, Discover, Full Force, LA Gold, Maximum, North East TX Elite, Sugar Land, Thunder Elite, World Champions Centre	Biron Gymnastics, Champions Houston, Champions TX, H-Town Elite, Houston Gymnastics Center, K2 Academy, Maximum, Stars Gymnastics, StarZone, TNT Elite	Above The Bar, All American TX, Biron Gymnastics, Champions Houston, Discover, Empower, J&R Gymnastics, Maximum, Pearl Gymnastics, Santa Fe Sports, Sugar Land, Texas Twisters GTX,
Session 11A: Xcel Gold	Session 11B: Xcel Silver	
<i>Continuous Capital Cup</i>	<i>Continuous Capital Cup</i>	
General Stretch: 5:45pm Awards in Awards Area A: 8:15pm	General Stretch: 5:00pm Awards in Award Area B: 7:45pm	
ASI Woodlands, Biron Gymnastics, Champions Houston, Houston Gymnastics Center, H-Town Elite, K2 Academy, Maximum, Stars Gymnastics	Above The Bar, Montgomery, Reflex, Rise Gymnastics, Rowland/Ballard, World Champions Centre	