

Saturday, January 10, 2026

BLUE GYM

Session: B1 -- Xcel Silver

Open Stretch	8:00 AM	Black Hawk [XS] - 7	Pella GYM [XS] - 7
Introduction	8:20 AM	Burlington YMCA [XS] - 3	Platinum [XS] - 7
Timed Warmup	8:30 AM	Eagle [XS] - 4	Solid Rock GYM [XS] - 9
Awards	10:15 AM	Fitnastics [XS] - 7	Team Flip GYM [XS] - 7
		GK Blaze [XS] - 7	V.I.P. GYM [XS] - 9
		Legends Drive [XS] - 3	

Session: B2 -- Xcel Silver

Open Stretch	10:30 AM	IGN [XS] - 13	
Introduction	10:50 AM	Jacobs [XS] - 10	
Timed Warmup	11:00 AM	Mid Iowa GYM [XS] - 20	
Awards	12:45 PM	Salute GYM [XS] - 27	

Session: B3 -- Xcel Silver

Open Stretch	1:00 PM	Chow's [XS] - 23	
Introduction	1:20 PM	CVGA [XS] - 12	
Timed Warmup	1:30 PM	SGA [XS] - 13	
Awards	3:30 PM	Synergy [XS] - 16	
		YMCA-IMV GYM [XS] - 7	

Session: B4 -- Level 3

Open Stretch	3:45 PM	Black Hawk [L3] - 15	Legends Drive [L3] - 5
Introduction	4:05 PM	CVGA [L3] - 4	OGA [L3] - 11
Timed Warmup	4:15 PM	Elite Edge [L3] - 4	SUCCESS [L3] - 12
Awards	6:15 PM	IGN [L3] - 16	TRIAD [L3] - 12
			YMCA-IMV GYM [L3] - 2

Special Olympics Exhibition

6:15 PM - 6:45 PM

:: Presentation of Routines from Gymnasts Who Train at Chow's Gymnastics ::

RED GYM

Session: R1 -- Level 7 & Xcel Platinum

Open Stretch	8:00 AM	Black Hawk [L7] - 3	Platinum [L7] - 2; [XP] - 5
Introduction	8:20 AM	Chow's [L7] - 11	Solid Rock GYM [XP] - 4
Timed Warmup	8:30 AM	IGN [L7] - 2; [XP] - 5	SUCCESS [L7] - 3; [XP] - 4
Awards	11:30 AM	Laketown GYM [L7]-3; [XP]-4	TAGSEP [L7] - 11
		Legends Drive [L7] - 3; [XP] - 4	V.I.P. GYM [L7] - 3; [XP] - 5
		OGA [L7] - 5	ZnZ GYM [L7] - 2
		Prairie Fire GYM [L7] - 1	YMCA-IMV GYM [XP] - 1

Session: R2 -- Xcel Diamond

Open Stretch	11:40 AM	Black Hawk [XD] - 1	Prairie Fire GYM [XD] - 1
Introduction	12:00 PM	Chow's [XD] - 8	Platinum [XD] - 1
Timed Warmup	12:10 PM	CVGA [XD] - 1	Salute GYM [XD] - 1
Awards	3:00 PM	Fitnastics [XD] - 4	SGA [XD] - 3
		IGN [XD] - 5	SMG [XD] - 2
		Laketown GYM [XD] - 10	SUCCESS [XD] - 3
		Legends Drive [XD] - 1	Synergy [XD] - 1
		Mid Iowa GYM [XD] - 12	Team Flip GYM [XD] - 3
		OGA [XD] - 6	

Session: R3 -- Level 9/10/Open & Xcel Sapphire

Open Stretch	3:10 PM	Black Hawk [L9] - 2	Platinum [L9] - 1
Introduction	3:30 PM	Chow's [L9]-3; [L10]-1; [XSA]-5	SMG [L9] - 3
Timed Warmup	3:40 PM	Elite Edge [L10] - 3	SUCCESS [L9] - 1; [L10] - 1
Awards	6:30 PM	GK Blaze [XSA] - 1	Synergy [L9] - 1; [L10] - 1; [XSA] - 2
		IGN [L9] - 3; [L10] - 3; [OP] - 1	TAGSEP [L9] - 2; [L10] - 2
		Laketown GYM [XSA]-1	Team Flip GYM [XSA] - 1
		Legends Drive [L9] - 1	V.I.P. GYM [L9] - 1
		OGA [L9] - 6; [L10] - 7	ZnZ GYM [L9] - 2

Session: R4 -- Level 8 & Xcel Platinum

Open Stretch	6:40 PM	Black Hawk [L8] - 1; [XP] - 2	Prairie Fire GYM [L8] - 3
Introduction	7:00 PM	Chow's [L8] - 4	Platinum [L8] - 2
Timed Warmup	7:10 PM	CVGA [XP] - 3	Salute GYM [XP] - 7
Awards	9:40 PM	Eagle [XP] - 1	Solid Rock GYM [L8] - 2
		Fitnastics [XP] - 2	TAGSEP [L8] - 5
		IGN [L8] - 2	Team Flip GYM [XP] - 4
		OGA [L8] - 8; [XP] - 9	V.I.P. GYM [L8] - 4
			ZnZ GYM [L8] - 1

1st Published 11/27/25 | Updated 12/18/25 | Updated 1/4/26

Sunday, January 11, 2026

BLUE GYM

Session: B5 -- Level 2 & Xcel Bronze

Open Stretch	8:00 AM	Burlington YMCA [XB] - 5	Legends Drive [XB] - 4
Introduction	8:20 AM	CVGA [XB] - 17	Pella GYM [XB] - 4
Timed Warmup	8:30 AM	Eagle [XB] - 3	Solid Rock GYM [XB] - 4
Awards	10:15 AM	GK Blaze [XB] - 5	SUCCESS [L2] - 5
		IGN [L2] - 9	Team Flip GYM [XB] - 4
		Jacobs [XB] - 8	YMCA-IMV GYM [L2] - 5

Session: B6 -- Xcel Gold

Open Stretch	10:30 AM	Chow's [XG] - 26	Mid Iowa GYM [XG] - 19
Introduction	10:50 AM	Eagle [XG] - 3	Prairie Fire GYM [XG] - 6
Timed Warmup	11:00 AM	GK Blaze [XG] - 5	SGA [XG] - 14
Awards	1:30 PM	IGN [XG] - 17	SMG [XG] - 3

Session: B7 -- Level 5 & Xcel Gold

Open Stretch	1:45 PM	Black Hawk [XG] - 3	Salute GYM [XG] - 10
Introduction	2:05 PM	Burlington YMCA [XG] - 8	Solid Rock GYM [XG] - 9
Timed Warmup	2:15 PM	Chow's [L5] - 6	SUCCESS [L5] - 3
Awards	4:45 PM	CVGA [L5] - 3	TRIAD [L5] - 7
		IGN [L5] - 2	V.I.P. GYM [XG] - 10
		Jacobs [XG] - 12	ZnZ GYM [L5] - 4
		Legends Drive [L5] - 2	YMCA-IMV GYM [XG]-7
		OGA [L5] - 10	

Session: B8 -- Xcel Gold

Open Stretch	5:00 PM	CVGA [XG] - 9	Platinum [XG] - 11
Introduction	5:20 PM	Fitnastics [XG] - 11	SUCCESS [XG] - 13
Timed Warmup	5:30 PM	Laketown GYM [XG] - 10	Synergy [XG] - 14
Awards	8:00 PM	Legends Drive [XG] - 10	Team Flip GYM [XG] - 7

RED GYM

Session: R5 -- Xcel Bronze

Open Stretch	8:00 AM	IGN [XB] - 17	Salute GYM [XB] - 9
Introduction	8:20 AM	Mid Iowa GYM [XB] - 10	SGA [XB] - 14
Timed Warmup	8:30 AM	Platinum [XB] - 17	
Awards	10:15 AM		

Session: R6 -- Level 4

Open Stretch	10:30 AM	Black Hawk [L4] - 3	Legends Drive [L4] - 5
Introduction	10:50 AM	Chow's [L4] - 6	OGA [L4] - 15
Timed Warmup	11:00 AM	CVGA [L4] - 6	SUCCESS [L4] - 6
Awards	1:00 PM	Elite Edge [L4] - 1	TRIAD [L4] - 11
		IGN [L4] - 10	V.I.P. GYM [L4] - 4
			YMCA-IMV GYM [L4] - 3

Session: R7 -- Level 6

Open Stretch	1:15 PM	Black Hawk [L6] - 1	Platinum [L6] - 1
Introduction	1:35 PM	IGN [L6] - 7	SMG [L6] - 3
Timed Warmup	1:45 PM	Laketown GYM [L6] - 3	Solid Rock GYM [L6] - 3
Awards	4:15 PM	Legends Drive [L6] - 3	SUCCESS [L6] - 6
		OGA [L6] - 10	TAGSEP [L6] - 12
		Prairie Fire GYM [L6] - 1	V.I.P. GYM [L6] - 7
			ZnZ GYM [L6] - 3

Session: R8 -- Xcel Platinum

Open Stretch	4:30 PM	Chow's [XP] - 16	SGA [XP] - 13
Introduction	4:50 PM	Elite Edge [XP] - 1	SMG [XP] - 7
Timed Warmup	5:00 PM	Jacobs [XP] - 11	Synergy [XP] - 9
Awards	7:30 PM	Mid Iowa GYM [XP] - 13	

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Saturday, January 10, 2026

BLUE GYM

Session: B1 -- Xcel Silver

Open Stretch	8:00 AM	Black Hawk [XS] - 7	Pella GYM [XS] - 7
Introduction	8:20 AM	Burlington YMCA [XS] - 3	Platinum [XS] - 7
Timed Warmup	8:30 AM	Eagle [XS] - 4	Solid Rock GYM [XS] - 9
Awards	10:15 AM	Fitnastics [XS] - 7	Team Flip GYM [XS] - 7
		GK Blaze [XS] - 7	V.I.P. GYM [XS] - 9
		Legends Drive [XS] - 3	

Session: B2 -- Xcel Silver

Open Stretch	10:30 AM	IGN [XS] - 13	
Introduction	10:50 AM	Jacobs [XS] - 10	
Timed Warmup	11:00 AM	Mid Iowa GYM [XS] - 20	
Awards	12:45 PM	Salute GYM [XS] - 27	

Session: B3 -- Xcel Silver

Open Stretch	1:00 PM	Chow's [XS] - 23	
Introduction	1:20 PM	CVGA [XS] - 12	
Timed Warmup	1:30 PM	SGA [XS] - 13	
Awards	3:30 PM	Synergy [XS] - 16	
		YMCA-IMV GYM [XS] - 7	

Session: B4 -- Level 3

Open Stretch	3:45 PM	Black Hawk [L3] - 15	Legends Drive [L3] - 5
Introduction	4:05 PM	CVGA [L3] - 4	OGA [L3] - 11
Timed Warmup	4:15 PM	Elite Edge [L3] - 4	SUCCESS [L3] - 12
Awards	6:15 PM	IGN [L3] - 16	TRIAD [L3] - 12
			YMCA-IMV GYM [L3] - 2

Special Olympics Exhibition

6:15 PM - 6:45 PM

:: Presentation of Routines from Gymnasts Who Train at Chow's Gymnastics ::

RED GYM

Session: R1 -- Level 7 & Xcel Platinum

Open Stretch	8:00 AM	Black Hawk [L7] - 3	Platinum [L7] - 2; [XP] - 5
Introduction	8:20 AM	Chow's [L7] - 11	Solid Rock GYM [XP] - 4
Timed Warmup	8:30 AM	IGN [L7] - 2; [XP] - 5	SUCCESS [L7] - 3; [XP] - 4
Awards	11:30 AM	Laketown GYM [L7] - 3; [XP] - 4	TAGSEP [L7] - 11
		Legends Drive [L7] - 3; [XP] - 4	V.I.P. GYM [L7] - 3; [XP] - 5
		OGA [L7] - 5	ZnZ GYM [L7] - 2
		Prairie Fire GYM [L7] - 1	YMCA-IMV GYM [XP] - 1

Session: R2 -- Xcel Diamond

Open Stretch	11:40 AM	Black Hawk [XD] - 1	Prairie Fire GYM [XD] - 1
Introduction	12:00 PM	Chow's [XD] - 8	Platinum [XD] - 1
Timed Warmup	12:10 PM	CVGA [XD] - 1	Salute GYM [XD] - 1
Awards	3:00 PM	Fitnastics [XD] - 4	SGA [XD] - 3
		IGN [XD] - 5	SMG [XD] - 2
		Laketown GYM [XD] - 10	SUCCESS [XD] - 3
		Legends Drive [XD] - 1	Synergy [XD] - 1
		Mid Iowa GYM [XD] - 12	Team Flip GYM [XD] - 3
		OGA [XD] - 6	

Session: R3 -- Level 9/10/Open & Xcel Sapphire

Open Stretch	3:10 PM	Black Hawk [L9] - 2	Platinum [L9] - 1
Introduction	3:30 PM	Chow's [L9] - 3; [L10] - 1; [XSA] - 5	SMG [L9] - 3
Timed Warmup	3:40 PM	Elite Edge [L10] - 3	SUCCESS [L9] - 1; [L10] - 1
Awards	6:30 PM	GK Blaze [XSA] - 1	Synergy [L9] - 1; [L10] - 1; [XSA] - 2
		IGN [L9] - 3; [L10] - 3; [OP] - 1	TAGSEP [L9] - 2; [L10] - 2
		Laketown GYM [XSA] - 1	Team Flip GYM [XSA] - 1
		Legends Drive [L9] - 1	V.I.P. GYM [L9] - 1
		OGA [L9] - 6; [L10] - 7	ZnZ GYM [L9] - 2

Session: R4 -- Level 8 & Xcel Platinum

Open Stretch	6:40 PM	Black Hawk [L8] - 1; [XP] - 2	Prairie Fire GYM [L8] - 3
Introduction	7:00 PM	Chow's [L8] - 4	Platinum [L8] - 2
Timed Warmup	7:10 PM	CVGA [XP] - 3	Salute GYM [XP] - 7
Awards	9:40 PM	Eagle [XP] - 1	Solid Rock GYM [L8] - 2
		Fitnastics [XP] - 2	TAGSEP [L8] - 5
		IGN [L8] - 2	Team Flip GYM [XP] - 4
		OGA [L8] - 8; [XP] - 9	V.I.P. GYM [L8] - 4
			ZnZ GYM [L8] - 1

Sunday, January 11, 2026

BLUE GYM

Session: B5 -- Level 2 & Xcel Bronze

Open Stretch	8:00 AM	Burlington YMCA [XB] - 5	Legends Drive [XB] - 4
Introduction	8:20 AM	CVGA [XB] - 17	Pella GYM [XB] - 4
Timed Warmup	8:30 AM	Eagle [XB] - 3	Solid Rock GYM [XB] - 4
Awards	10:15 AM	GK Blaze [XB] - 5	SUCCESS [L2] - 5
		IGN [L2] - 9	Team Flip GYM [XB] - 4
		Jacobs [XB] - 8	YMCA-IMV GYM [L2] - 5

Session: B6 -- Xcel Gold

Open Stretch	10:30 AM	Chow's [XG] - 26	Mid Iowa GYM [XG] - 19
Introduction	10:50 AM	Eagle [XG] - 3	Prairie Fire GYM [XG] - 6
Timed Warmup	11:00 AM	GK Blaze [XG] - 5	SGA [XG] - 14
Awards	1:30 PM	IGN [XG] - 17	SMG [XG] - 3

Session: B7 -- Level 5 & Xcel Gold

Open Stretch	1:45 PM	Black Hawk [XG] - 3	Salute GYM [XG] - 10
Introduction	2:05 PM	Burlington YMCA [XG] - 8	Solid Rock GYM [XG] - 9
Timed Warmup	2:15 PM	Chow's [L5] - 6	SUCCESS [L5] - 3
Awards	4:45 PM	CVGA [L5] - 3	TRIAD [L5] - 7
		IGN [L5] - 2	V.I.P. GYM [XG] - 10
		Jacobs [XG] - 12	ZnZ GYM [L5] - 4
		Legends Drive [L5] - 2	YMCA-IMV GYM [XG]-7
		OGA [L5] - 10	

Session: B8 -- Xcel Gold

Open Stretch	5:00 PM	CVGA [XG] - 9	Platinum [XG] - 11
Introduction	5:20 PM	Fitnastics [XG] - 11	SUCCESS [XG] - 13
Timed Warmup	5:30 PM	Laketown GYM [XG] - 10	Synergy [XG] - 14
Awards	8:00 PM	Legends Drive [XG] - 10	Team Flip GYM [XG] - 7

RED GYM

Session: R5 -- Xcel Bronze

Open Stretch	8:00 AM	IGN [XB] - 17	Salute GYM [XB] - 9
Introduction	8:20 AM	Mid Iowa GYM [XB] - 10	SGA [XB] - 14
Timed Warmup	8:30 AM	Platinum [XB] - 17	
Awards	10:15 AM		

Session: R6 -- Level 4

Open Stretch	10:30 AM	Black Hawk [L4] - 3	Legends Drive [L4] - 5
Introduction	10:50 AM	Chow's [L4] - 6	OGA [L4] - 15
Timed Warmup	11:00 AM	CVGA [L4] - 6	SUCCESS [L4] - 6
Awards	1:00 PM	Elite Edge [L4] - 1	TRIAD [L4] - 11
		IGN [L4] - 10	V.I.P. GYM [L4] - 4
			YMCA-IMV GYM [L4] - 3

Session: R7 -- Level 6

Open Stretch	1:15 PM	Black Hawk [L6] - 1	Platinum [L6] - 1
Introduction	1:35 PM	IGN [L6] - 7	SMG [L6] - 3
Timed Warmup	1:45 PM	Laketown GYM [L6] - 3	Solid Rock GYM [L6] - 3
Awards	4:15 PM	Legends Drive [L6] - 3	SUCCESS [L6] - 6
		OGA [L6] - 10	TAGSEP [L6] - 12
		Prairie Fire GYM [L6] - 1	V.I.P. GYM [L6] - 7
			ZnZ GYM [L6] - 3

Session: R8 -- Xcel Platinum

Open Stretch	4:30 PM	Chow's [XP] - 16	SGA [XP] - 13
Introduction	4:50 PM	Elite Edge [XP] - 1	SMG [XP] - 7
Timed Warmup	5:00 PM	Jacobs [XP] - 11	Synergy [XP] - 9
Awards	7:30 PM	Mid Iowa GYM [XP] - 13	