SPIRITS STRONGHER INVITATIONAL 2026

2026 THEME: WINGS & RHINESTONES

Dream Big. Shine Bright. Lift Others.

SATURDAY, NOVEMBER 21

SESSION I – Xcel Silver

Open Stretch	9:00 A.M.
Opening Ceremonies	9:20 A.M.
Competition	9:35 A.M.
Awards	Noon

SESSION II – Xcel Bronze and Level 3

Open Stretch	1:00 P.M.
Opening Ceremonies	1:20 P.M.
Competition	1:35 P.M.
Awards	4:00 P.M.

SUNDAY, NOVEMBER 22

SESSION III – Xcel Gold and Level 4

Open Stretch	9:00 A.M.
Opening Ceremonies	9:20 A.M.
Competition	9:35 A.M.
Awards	1:00 P.M.

SESSION IV – Xcel Platinum, Diamond, Sapphire and Levels 5–10

Open Stretch	2:00 P.M.
Opening Ceremonies	2:20 P.M.
Competition	2:35 P.M.
Awards	6:30 P.M.



ST. LOUIS Spirits GYMNASTICS CLUB Since 1976