

2026 NorCal Xcel Gold State Gymnastics Championships

(YOUNGEST to OLDEST)

Friday, March 27, 2026			
Sess 1B – XGold	Sess 2B – XGold	Sess 3B – XGold	Sess 4B – XGold
Open Stretch 8:00 am	Open Stretch 11:30 am	Open Stretch 3:00 pm	Open Stretch 6:30 pm
March In 8:20 am	March In 11:50 am	March In 3:20 pm	March In 6:50 pm
Age Groups Child A-E	Age Groups Child F-J	Age Groups Child K-O	Age Groups Child P-T
8 yrs to younger 10 yrs	middle 10 yrs	older 10 to younger 11	middle 11 yrs
Birthdate Range 2-11-16 to 12-31-18	Birthdate Range 7-12-15 to 2-10-16	Birthdate Range 1-29-15 to 7-11-15	Birthdate Range 8-20-14 to 1-28-15

Saturday, March 28, 2026			
Sess 5B – XGold	Sess 6B – XGold	Sess 7B – XGold	Sess 8B – XGold
Open Stretch 8:00 am	Open Stretch 11:30 am	Open Stretch 3:00 pm	Open Stretch 6:30 pm
March In 8:20 am	March In 11:50 am	March In 3:20 pm	March In 6:50 pm
Age Groups Junior A-E	Age Groups Junior F-J	Age Groups Junior K-O	Age Groups Junior P-T
older 11 to younger 12	middle 12 yrs	middle 12 yrs	older 12 to younger 13
Birthdate Range 3-20-14 to 8-19-14	Birthdate Range 11-17-13 to 3-19-14	Birthdate Range 7-14-13 to 11-16-13	Birthdate Range 2-23-13 to 7-13-13

Sunday, March 29, 2026			
Sess 9B – XGold	Sess 10B – XGold	Sess 11B – XGold	Sess 12B – XGold
Open Stretch 8:00 am	Open Stretch 11:30 am	Open Stretch 3:00 pm	Open Stretch 6:30 pm
March In 8:20 am	March In 11:50 am	March In 3:20 pm	March In 6:50 pm
Age Groups Senior A-E	Age Groups Senior F-J	Age Groups Senior K-O	Age Groups Senior P-T, HUGS
middle 13 yrs	older 13 to younger 14	middle 14 yrs	older 14 to 18 yrs
Birthdate Range 9-27-12 to 2-22-13	Birthdate Range 3-14-12 to 9-26-12	Birthdate Range 4-27-11 to 3-13-12	Birthdate Range 1-1-08 to 4-26-11

Admission Prices (Parking free)				Meet Location	General Info & Hotels
Doors open 7:30am all 3 days		Single	Per Day	Technique Gymnastics 11345 Folsom Blvd. Rancho Cordova 95742	See website TechniqueGym.com
Adults (13+)		\$20	\$30		
Kids (4-12) & Seniors (65+)		\$15	\$25		
Kids 3 & under		Free	Free		

Current as of 3/10/2026

2026 NorCal Xcel Platinum - Diamond - Sapphire State Gymnastics Championships

(YOUNGEST to OLDEST)

Friday, March 27, 2026			
Session 1 Youngest Xcel Gold	Sess 2A – XPlatinum	Sess 3A – XPlatinum	Sess 4A – XPlatinum
	Open Stretch 11:30 am	Open Stretch 3:00 pm	Open Stretch 6:30 pm
	March In 11:50 am	March In 3:20 pm	March In 6:50 pm
	Age Groups Child A-D	Age Groups Child E-H	Age Groups Ch I-J, Jr A-B
	8 yrs to younger 12	older 12 to younger 13	middle 13
Birthdate Range 1-2-14 to 12-31-17	Birthdate Range 12-28-12 to 1-1-14	Birthdate Range 5-7-12 to 12-27-12	

Saturday, March 28, 2026			
Sess 5A – XPlatinum	Sess 6A – XPlatinum	Sess 7A – XPlatinum	Sess 8A – XPlatinum
Open Stretch 8:00 am	Open Stretch 11:30 am	Open Stretch 3:00 pm	Open Stretch 6:30 pm
March In 8:20 am	March In 11:50 am	March In 3:20 pm	March In 6:50 pm
Age Groups Junior C-F	Age Groups Jr G-I, Sr A	Age Groups Senior B-E	Age Groups Senior F-I
older 13 to younger 14	older 14 to younger 15	older 15 to younger 16	older 16 to 19 yrs
Birthdate Range 10-22-11 to 5-6-12	Birthdate Range 2-10-11 to 10-21-11	Birthdate Range 1-11-10 to 2-9-11	Birthdate Range 1-1-06 to 1-10-10

Sunday, March 29, 2026			
Session 9A XDiamond	Session 10A XDiamond	Session 11A XDiamond/Sapphire	Session 12 Oldest Xcel Gold
Open Stretch 8:00 am	Open Stretch 11:30 am	Open Stretch 3:00 pm	
March In 8:20 am	March In 11:50 am	March In 3:20 pm	
Age Groups Junior A-C	Age Groups Senior A-C	Age Groups XD Sr D-E, XSA Jr/Sr	
12 yrs to younger 15	older 15 to younger 17	XD older 17 to 18 yrs	
Birthdate Range 8-29-10 to 12-31-13	Birthdate Range 10-30-08 to 8-28-10	XD Birthdate Range 1-1-07 to 10-29-08	

Admission Prices (Parking free)				Meet Location	General Info & Hotels
Doors open 7:30am all 3 days	Single	Per Day	Weekend	Technique Gymnastics 11345 Folsom Blvd. Rancho Cordova 95742	See website TechniqueGym.com
Adults (13+)	\$20	\$30	\$75		
Kids (4-12) & Seniors (65+)	\$15	\$25	\$55		
Kids 3 & under	Free	Free	Free		

Current as of 3/10/2026