



## Meets/Clinics/Events

Updated 10.9.2025

**Notes:** 1. Priority day for all State Championships is Sunday. If two days are required, Saturday & Sunday are priority days. Friday will only be used to meet USAG R&P requirements.  
2. Only USAG Sanctioned competitions are listed.

| Year | Date       | Level/Meet/Event                                                                            | Host/Location                           |
|------|------------|---------------------------------------------------------------------------------------------|-----------------------------------------|
| 2025 | Sep 12-14  | <a href="#"><u>Region 7 High Performance Camp</u></a>                                       | Apollo Gym<br>Woodbridge, VA            |
|      | Sep 20/21  | <a href="#"><u>USAGNJ State Clinic</u></a>                                                  | St Thomas Aquinas<br>HS<br>Edison, NJ   |
|      | Oct 19-25  | <i>53rd FIG Artistic Gymnastics<br/>World Championships</i>                                 | Jakarta, INA                            |
|      | Oct 24-26  | <a href="#"><u>Pumpkin Cup Invitational</u></a><br><i>USAG 2-5, XB, XS</i>                  | St Thomas Aquinas<br>HS<br>Edison, NJ   |
|      | Nov 2      | <a href="#"><u>The Harvest Hustle Invitational</u></a><br><i>USAG XB &amp; XS</i>           | Meadowlands<br>Hasbrouck Heights,<br>NJ |
|      | Nov 7-9    | <i>Plum Cares Invitational</i><br><i>USAG 2-5, XB, XS</i>                                   | St Thomas Aquinas<br>HS<br>Edison, NJ   |
|      | Nov 8 or 9 | <a href="#"><u>Cornucopia Invitational</u></a><br><i>USAG 2-5, XB, XS</i>                   | North Stars<br>Boonton, NJ              |
|      | Nov 14-16  | <a href="#"><u>Gator Bowl Invitational</u></a><br><i>USAG 2-8 &amp; All Xcel</i>            | Giant Gymnastics<br>Sparta, NJ          |
|      | Nov 15/15  | <a href="#"><u>Harvest Classic Invitational</u></a><br><i>USAG 2-7 &amp; XB, XS, XG, XP</i> | EnVision<br>Eastampton, NJ              |
|      | Nov 21-23  | <a href="#"><u>Lemon Classic</u></a><br><i>USAG 2-10 &amp; All Xcel</i>                     | Bright Stars<br>Egg Harbor, NJ          |

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|------|-----------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------|
|      | Nov 21-23 | <u><a href="#">Rutgers Classic</a></u><br><i>USAG 2-8 &amp; All Xcel</i>                      | Rutgers University<br>Piscataway, NJ                             |
|      | Nov 22/23 | <u><a href="#">Peace, Love &amp; Chalk Invitational</a></u><br><i>USAG 2-5, XB, XS</i>        | Go for the Gold<br>Whippany, NJ                                  |
|      | Dec 6/7   | <u><a href="#">Greater NY Invitational</a></u><br><i>USAG 1-10 &amp; XB-XSap</i>              | US Gym @<br>Rockland<br>Community College<br>Suffern, NY         |
|      | Dec 6/7   | <i>Winterfest Invitational</i><br><i>USAG 2-4 &amp; XB, XS, XG</i>                            | Gymnastics Inc<br>Kenvil, NJ                                     |
|      | Dec 7     | <u><a href="#">Fun and Friendly Invitational</a></u><br><i>USAG DP2 &amp; XB-XS</i>           | Rettig's<br>Cedar Knolls, NJ                                     |
|      | Dec 12-14 | <u><a href="#">Crystal Springs Frozen Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i> | Westy's @<br>Crystal Springs<br>Mineral Resort<br>Vernon Twp, NJ |
|      | Dec 12-14 | <u><a href="#">Snowflake Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i>              | Will-Moor<br>Mt Laurel, NJ                                       |
|      | Dec 19-21 | <i>Starlight Classic Invitational</i><br><i>USAG All DP &amp; Xcel</i>                        | Star Bound<br>@ Kalahari Resort<br>Pocono Manor, PA              |
|      | Dec 19-21 | <u><a href="#">Robin Cone Memorial Classic</a></u><br><i>USAG All DP &amp; Xcel</i>           | Raritan Center Expo<br>Hall<br>Edison, NJ                        |
|      | Dec 28    | <u><a href="#">Winter Athlete Clinic</a></u><br><i>USAG 2-10 &amp; All Xcel</i>               | NJ NAWGJ @<br>Spartan<br>Eatontown, NJ                           |
| 2026 | Jan 2-4   | <u><a href="#">Garden State Classic</a></u><br><i>USAG 2-10 &amp; All Xcel</i>                | North Stars<br>Boonton, NJ                                       |
|      | Jan 11    | <u><a href="#">In My Gymnastics Era Meet</a></u><br><i>USAG 2-10 &amp; All Xcel</i>           | Action<br>Freehold, NJ                                           |
|      | Jan 9-11  | <u><a href="#">Live Like a Unicorn Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i>    | Freehold Elite<br>Edison, NJ                                     |

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|------|--------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
|      | Jan 9-11     | <a href="#"><u>Winter Bowl 2026 Invitational</u></a><br><i>USAG 2-10 &amp; All Xcel</i>               | Atlantic Coast<br>Williamstown, NJ                                     |
|      | Jan 16-18    | <i>Star Struck Invitational</i><br><i>USAG All DP &amp; Xcel</i>                                      | Star Bound<br>@Atlantic City<br>Convention Center<br>Atlantic City, NJ |
|      | Jan 23-25    | <i>Once Upon a Time Invitational</i><br><i>USAG 2-10 &amp; All Xcel</i>                               | St Thomas Aquinas<br>HS<br>Edison, NJ                                  |
|      | Jan 27       | <i>Declaration Deadline for Xcel Bronze</i>                                                           |                                                                        |
|      | Jan 30-Feb 1 | <a href="#"><u>Candyland Classic</u></a><br><i>USAG 2-10 &amp; All Xcel</i>                           | Westy's @<br>Kartrite Resort &<br>Indoor Water Park<br>Monticello, NY  |
|      | Jan 30-Feb 1 | <a href="#"><u>Spartan Winter Classic</u></a><br><i>USAG 2-10 &amp; All Xcel</i>                      | Spartan<br>Eatontown, NJ                                               |
|      | Jan 30-Feb 1 | <a href="#"><u>Fantasia Classic 2026</u></a><br><i>USAG 2-5 &amp; XB,XS,XG</i>                        | Gymland<br>Hamilton, NJ                                                |
|      | Feb 6-8      | <a href="#"><u>Life's Rainbows &amp; Unicorns Invitational</u></a><br><i>USAG 2-10 &amp; All Xcel</i> | Westy's @<br>Crystal Springs<br>Mineral Resort<br>Vernon Twp, NJ       |
|      | Feb 7/8      | <a href="#"><u>NJ Team Championships</u></a>                                                          | Spartan<br>Eatontown, NJ                                               |
|      | Feb 8        | <i>Flippin Out Invitational</i><br><i>USAG</i>                                                        | Flippin Out<br>Pompton Plains, NJ                                      |
|      | Feb 10       | <i>Declaration Deadline for 7/8/9/10</i>                                                              |                                                                        |
|      | Feb 13-16    | <a href="#"><u>Make a Wish Invitational</u></a><br><i>USAG 2-10 &amp; All Xcel</i>                    | Freehold Elite<br>Toms River, NJ                                       |
|      | Feb 15       | <i>Last day to qualify for Xcel Bronze States</i>                                                     |                                                                        |
|      | Feb 17       | <i>Declaration Deadline for 2/3/4/5</i>                                                               |                                                                        |

| Year | Date         | Level/Meet/Event                                                                                         | Host/Location                                                    |
|------|--------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
|      | Feb 20-22    | <u><a href="#">8th Annual Jamie Stymiest Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i>         | Will-Moor<br>Mt Laurel, NJ                                       |
|      | Feb 21/22    | <u><a href="#">HOH Charity Invitational</a></u><br><i>USAG 2-10 &amp; XB-XSap</i>                        | HOH<br>Parlin, NJ                                                |
|      | Feb 27-Mar 1 | <u><a href="#">March will be Madness Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i>             | North Stars<br>Boonton, NJ                                       |
|      | Feb 27-Mar 1 | <u><a href="#">Fantasia Classic 2026</a></u><br><i>USAG 6-10 &amp; XP,XD,XSap</i>                        | Gymland<br>Hamilton, NJ                                          |
|      | Mar 1        | <u><a href="#">Bring the Action Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i>                  | Action<br>Freehold, NJ                                           |
|      | Mar 1        | <i>Last day to qualify for 7/8/9/10 States</i>                                                           |                                                                  |
|      | Mar 6-8      | <i>Xcel Bronze State Championships</i>                                                                   | Spartan<br>Eatontown, NJ                                         |
|      | Mar 8        | <i>Last day to qualify for 2/3/4/5 States</i>                                                            |                                                                  |
|      | Mar 10       | <i>Declaration Deadline for Xcel Silver</i>                                                              |                                                                  |
|      | Mar 13-15    | <u><a href="#">Crystal Springs Shamrock Showdown</a></u><br><i>USAG 2-10 &amp; All Xcel</i>              | Westy's @<br>Crystal Springs<br>Mineral Resort<br>Vernon Twp, NJ |
|      | Mar 13-15    | <u><a href="#">Gator Classic</a></u><br><i>USAG 2-8 &amp; All Xcel</i>                                   | Giant Gymnastics<br>Sparta, NJ                                   |
|      | Mar 13-16    | <u><a href="#">Beast of the East Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i>                 | Freehold Elite<br>Freehold, NJ                                   |
|      | Mar 14/15    | <u><a href="#">Under the Stars Red Carpet Event Meet</a></u><br><i>USAG 2-7 &amp; XB, XS, XG, XP, XD</i> | EnVision<br>Eastampton, NJ                                       |
|      | Mar 14/15    | <i>Lucky Leprechaun Invitational</i><br><i>USAG All DP &amp; Xcel</i>                                    | Star Bound<br>Bridgeton, NJ                                      |
|      | Mar 15       | <i>Flip for a Cure Invitational</i><br><i>USAG 2-10 &amp; All Xcel</i>                                   | Action<br>Freehold, NJ                                           |
|      | Mar 17       | <i>Declaration Deadline for Xcel Gold</i>                                                                |                                                                  |

| Year | Date      | Level/Meet/Event                                                                 | Host/Location                                                                           |
|------|-----------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
|      | Mar 20-22 | <i>7/8/9/10 State Championships</i>                                              | Indigo<br>New Providence, NJ                                                            |
|      | Mar 21    | <i>Tumble in the Jungle<br/>USAG 2-7 &amp; All Xcel</i>                          | USA Twisterz @<br>Robert J Cody Arena<br>West Orange, NJ                                |
|      | Mar 21/22 | <u><i>Beach Classic</i></u><br><i>USAG 2-10 &amp; All Xcel</i>                   | Westy's @<br>Wildwood<br>Convention Center<br>Wildwood, NJ                              |
|      | Mar 24    | <i>Declaration Deadline for 6/XP/XD/XSap</i>                                     |                                                                                         |
|      | Mar 27-29 | <i>2/3/4/5 State Championships</i>                                               | Freehold Elite @<br>RWJ Barnabas<br>Arena<br>Toms River, NJ                             |
|      | Mar 27-29 | <u><i>Spring Madness Invitational</i></u><br><i>USAG 2-10 &amp; All Xcel</i>     | Will-Moor<br>Mt Laurel, NJ                                                              |
|      | Mar 28/29 | <u><i>Tulip Invitational</i></u><br><i>USAG 6 &amp; XS-XSap</i>                  | HOH<br>Parlin, NJ                                                                       |
|      | Mar 28/29 | <u><i>Egg Stravaganza Invitational</i></u><br><i>USAG 6 &amp; XS, XG, XP, XD</i> | EnVision<br>Eastampton, NJ                                                              |
|      | Mar 29    | <i>Last day to qualify for Xcel Silver</i>                                       |                                                                                         |
|      | Apr 5     | <i>Last day to qualify for Xcel Gold</i>                                         |                                                                                         |
|      | Apr 9-12  | <i>9/10 Regional Championships</i>                                               | Region 7 & Ocean<br>Tumblers @<br>Virginia Beach<br>Sports Center<br>Virginia Beach, VA |
|      | Apr 10-12 | <u><i>Soar at the Shore Invitational</i></u><br><i>USAG 2-7 &amp; All Xcel</i>   | Blakes<br>Margate, NJ                                                                   |

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|------|-------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
|      | Apr 10-12         | <u><a href="#">Split Rock &amp; Roll Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i>  | Westy's @<br>Split Rock Water<br>Park<br>Lake Harmony, PA       |
|      | Apr 10-12         | <u><a href="#">Swing into Spring Invitational</a></u><br><i>USAG 6 &amp; All Xcel</i>         | Monmouth<br>Morganville, NJ                                     |
|      | Apr 12            | <i>Last day to qualify for 6/XP/XD/XSap</i>                                                   |                                                                 |
|      | Apr 17-19         | <i>Xcel Silver State Championships</i>                                                        | Indigo<br>New Providence, NJ                                    |
|      | Apr 17-19         | <i>7/8 Regional Championships</i>                                                             | Region 7 &<br>Dynamats @<br>The Miller Center<br>Lewisburg, PA  |
|      | Apr 17-19         | <u><a href="#">Flippin with Flamingos Invitational</a></u><br><i>USAG 2-10 &amp; All Xcel</i> | Flyers @<br>Split Rock Water<br>Park<br>Lake Harmony, PA        |
|      | Apr 24-26         | <i>Xcel Gold State Championships</i>                                                          | Giant Gymnastics<br>Sparta, NJ                                  |
|      | Apr 30 -<br>May 3 | <i>9 Eastern Championships</i>                                                                | Savanah Convention<br>Center<br>Savanah, GA                     |
|      | May 1-3           | <i>6/XP/XD/XSap State Championships</i>                                                       | Star Bound<br>Bridgeton, NJ                                     |
|      | May 7-10          | <i>10 National Championships</i>                                                              | Oklahoma City<br>Convention Center<br>Oklahoma City, OK         |
|      | May 14-17         | <i>Xcel Regional Championships</i>                                                            | Region 7 & Head<br>Over Heels @<br>Raritan Center<br>Edison, NJ |

| Year        | Date              | Level/Meet/Event                                                           | Host/Location                                              |
|-------------|-------------------|----------------------------------------------------------------------------|------------------------------------------------------------|
|             | May 22-24         | <i>MDW Championships Invitational<br/>USAG 2-10 &amp; All Xcel</i>         | Westy's @<br>Wildwood<br>Convention Center<br>Wildwood, NJ |
|             | Oct 17-25         | <i>54th FIG Artistic Gymnastics<br/>World Championships</i>                | Rotterdam, NED                                             |
|             | TBA in 2026       | <a href="#"><u>Region 7 Bi-Annual<br/>Xcel PreSeason Training Camp</u></a> | TBA                                                        |
| <b>2027</b> | Oct 28 -<br>Nov 6 | <i>55th FIG Artistic Gymnastics<br/>World Championships</i>                | Chengdu, CHN                                               |
| <b>2028</b> | Jul 14-30         | <a href="#"><u>Olympic Games</u></a>                                       | Los Angeles, CA                                            |