

AAU Junior Olympic Games Gymnastics

August 4–7, 2026 • RecPlex – 6500 Grand Avenue, West Des Moines, IA 50266



TUESDAY

August 4

Session 1 8:00 AM

Bronze (DOB 1/19/17 and after)

Session 2 10:35 AM

Bronze (DOB 1/18/17 and before) and Special Stars

Session 3 1:25 PM

Level 1, 2 and Boys 4x4

Session 4 4:10 PM

Level 3 and Copper

WEDNESDAY

August 5

Session 5 8:00 AM

Gold (DOB 2/17/14 and before), Level 4 and 5

Session 6 11:50 AM

Finals for Copper, Bronze, Level 1, 2, Boys 4x4 and Special Stars

Session 7 2:55 PM

Level 6,7 and Platinum

Session 8 6:20 PM

Level 8, Open Optional, Diamond, Sapphire

THURSDAY

August 6

Session 9 8:00 AM

Silver (DOB 5/10/16 and after)

Session 10 11:00 AM

Silver (DOB 10/26/14 - 5/9/16)

Session 11 2:00 PM

Silver (DOB 10/25/14 and before)

Session 12 4:40 PM

Gold (DOB 2/18/14 and after)

FRIDAY

August 7

Session 13 8:00 AM

Finals for Silver and Level 3

Session 14 10:45 AM

Finals for Gold, Platinum, Level 4 and 5

Session 15 1:30 PM

Finals for Level 6, 7, 8, Diamond, Sapphire and Open Optional

The top 4 athletes per event per level each session advance to Finals.