

Iron Sharpens Iron 2026

Meet Schedule

Nov 13-15, 2026

Friday, November 13, 2026			Session: 1		Stretch 3:00 PM		W/U Compete 3:30 PM	
Level 3 (Cap Cup)			# Gymnasts 70		Intro 3:20 PM		Awards 6:05 PM	
Flight A (43 gymnasts)					Flight B (27 gymnasts)			
Gym	Level	# Gymnasts			Gym	Level	# Gymnasts	
Armory Athletics	3	3			Limitbreakers	3	13	
Gymnastics Unltd GA	3	5			Titans	3	14	
Legacy	3	7						
Mountain Brook	3	9						
Prattville YMCA	3	15						
Tumble Hub	3	4						

Friday, November 13, 2026			Session: 2		Stretch 6:20 PM		W/U Compete 6:50 PM	
Level 3 (Cap Cup)			# Gymnasts 68		Intro 6:40 PM		Awards 9:15 PM	
Flight A (31 gymnasts)					Flight B (37 gymnasts)			
Gym	Level	# Gymnasts			Gym	Level	# Gymnasts	
JAMJEV	3	15			ARK WinGS	3	11	
Southern States	3	16			Mountain Brook	3	8	
					T N T Tumblers	3	8	
					Trussville	3	10	

Saturday, November 14, 2026			Session: 3		Stretch 8:00 AM		W/U Compete 8:30 AM	
Level 1 (Cap Cup)			# Gymnasts 65		Intro 8:20 AM		Awards 10:30 AM	
Flight A (37 gymnasts)					Flight B (28 gymnasts)			
Gym	Level	# Gymnasts			Gym	Level	# Gymnasts	
ARK WinGS	1	22			Prattville YMCA	1	13	
Limitbreakers	1	8			Southern States	1	15	
Tumble Hub	1	7						

Saturday, November 14, 2026			Session: 4		Stretch 10:45 AM		W/U Compete 11:15 AM	
Level 4 (Cap Cup)			# Gymnasts 58		Intro 11:05 AM		Awards 1:50 PM	
Flight A (29 gymnasts)					Flight B (29 gymnasts)			
Gym	Level	# Gymnasts			Gym	Level	# Gymnasts	
JAMJEV	4	16			Mountain Brook	4	10	
Trussville	4	10			Nasser	4	3	
Tumbling Tides	4	3			Prattville YMCA	4	7	
					Titans	4	9	

Saturday, November 14, 2026			Session: 5		Stretch 2:05 PM		W/U Compete 2:35 PM	
Level 4 (Cap Cup)			# Gymnasts 59		Intro 2:25 PM		Awards 5:10 PM	
Flight A (29 gymnasts)					Flight B (30 gymnasts)			
Gym	Level	# Gymnasts			Gym	Level	# Gymnasts	
ARK WinGS	4	7			Legacy	4	9	
Armory Athletics	4	8			Mountain Brook	4	10	
Limitbreakers	4	14			Southern States	4	7	
					T N T Tumblers	4	4	

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Saturday, November 14, 2026			Session: 6			Stretch 5:25 PM			W/U Compete 5:55 PM		
Level 5-9/XG/XP/XD			# Gymnasts 63			Intro 5:45 PM			Awards 8:55 PM		
Flight A (29 gymnasts)						Flight B (34 gymnasts)					
Gym		Level	# Gymnasts			Gym		Level	# Gymnasts		
Chilton County YMCA		XG	7			Alabama Starz		5	3		
Greenville		XG	4			ARK WinGS		5	4		
Greenville		XP	1			ARK WinGS		6	5		
Mountain Brook		5	9			ARK WinGS		8	3		
Prattville YMCA		5	2			ARK WinGS		9	1		
Southern States		5	5			ARK WinGS		XD	1		
Tumble Hub		5	1			ARK WinGS		XG	4		
						ARK WinGS		XP	2		
						CC Athletics		XG	3		
						Trussville		5	2		
						Tumbling Tides		XG	6		

Sunday, November 15, 2026			Session: 7			Stretch 9:00 AM			W/U Compete 9:30 AM		
Level 2 (CC)			# Gymnasts 60			Intro 9:20 AM			Awards 11:20 AM		
Flight A (32 gymnasts)						Flight B (28 gymnasts)					
Gym	Level	# Gymnasts				Gym	Level	# Gymnasts			
Southern States	2	13				Armory Athletics	2	15			
Titans	2	19				T N T Tumblers	2	5			
						Tumble Hub	2	8			

Sunday, November 15, 2026			Session: 8		Stretch 11:35 AM		W/U Compete 12:05 PM	
Level 2/XB/XS (CC)			# Gymnasts 89		Intro 11:55 AM		Awards 1:45 PM	
Flight A (46 gymnasts)			Flight B (43 gymnasts)					
Gym	Level	# Gymnasts	Gym	Level	# Gymnasts			
CC Athletics	XB	4	ARK WinGS	2	12			
CC Athletics	XS	6	ARK WinGS	XS	6			
Chilton County YMCA	XB	5	Limitbreakers	2	12			
Chilton County YMCA	XS	7	Prattville YMCA	2	13			
Greenville	XB	2						
Greenville	XS	4						
Gymnastics Unltd GA	XB	6						
Tumbling Tides	XS	3						
Victory	XB	4						
Victory	XS	5						