Flip & Flannels 2026

Session: 1 **Gold & Platinum** **Saturday, Nov 21st 2026**

Open Warm-Up: 9:15 AM **March In: 9:35 AM** **Compete: 9:45 AM** **Awards: 12:25 PM**

Flight A Gyms: NorthStar, CCA, Extreme Gym, MPGA, CGA2

Flight B Gyms: NorthStar, DSG, Gymnastic Dreams

Flight A - 37 gymnasts

Squad A	9	Squad B	10
Capitol City Athletics (2) — 2 Golds **Extreme Gymnastics U.S.A. Inc. (2)** — 2 Golds **NorthStar Gymnastics Inc (5)** — 5 Golds		**NorthStar Gymnastics Inc (10)** — 10 Golds	
Squad C	**8**	**Squad D**	**10**
Mt Pleasant Gymnastics Academy (8) — 7 Golds, 1 Platinum		**Champion Gymnastics (10)** — 10 Golds	

Flight B - 28 gymnasts

Squad A	9	Squad B	10
NorthStar Gymnastics Inc (9) — 9 Platinums		**Detroit School of Gymnastics (10)** — 10 Golds	
Squad C	**0**	**Squad D**	**9**
		Gymnastic Dreams (9) — 3 Platinums, 6 Golds	

Flip & Flannels 2026

Session: 2 **Silver & Level 3** **Saturday, Nov 21st 2026**

Open Warm-Up: 12:45 PM **March In: 1:05 PM** **Compete: 1:15 PM** **Awards: 3:50 PM**

Flight A Gyms: NorthStar, Troy, Extreme Gym

Flight B Gyms: Extreme Gym, FDD Gymnastics, CCA, DSG, Gymnastic Dreams, MPGA

Flight A - 31 gymnasts

Squad A	**11**	**Squad B**	**0**
NorthStar Gymnastics Inc (11) — 11 Silvers			
Squad C	**11**	**Squad D**	**9**
Troy Gymnastics (11) — 11 lvl 3s		**Extreme Gymnastics U.S.A. Inc. (9)** — 9 lvl 3s	

Flight B - 39 gymnasts

Squad A	**10**	**Squad B**	**9**
Capitol City Athletics (2) — 2 Silvers **Extreme Gymnastics U.S.A. Inc. (7)** — 7 Silvers **Frankenmuth Dance Directions and Gymnastics (1)** — 1 Silver		**Detroit School of Gymnastics (9)** — 9 Silvers	
Squad C	**11**	**Squad D**	**9**
Gymnastic Dreams (11) — 11 Silvers		**Mt Pleasant Gymnastics Academy (9)** — 9 Silvers	

Flip & Flannels 2026

Session: 3 **Bronze, Level 4, & Level 5** **Saturday, Nov 21st 2026**

Open Warm-Up: 4:15 PM **March In: 4:35 PM** **Compete: 4:45 PM** **Awards: 7:30 PM**

Flight A Gyms: DSG, CGA2, Troy, CEA, DG

Flight B Gyms: MPGA, Gymnastic Dreams, Extreme Gym, FDD Gymnastics, CCA

Flight A - 42 gymnasts

Squad A	12	Squad B	11
Detroit School of Gymnastics (12) — 12 Bronzes		Champion Gymnastics (11) — 8 lvl 4s, 3 lvl 5s	
Squad C	**11**	**Squad D**	**8**
Troy Gymnastics (11) — 11 lvl 4s		Cutting Edge Athletics (2) — 2 lvl 5s Downriver Gymnastics (1) — 1 lvl 5 Troy Gymnastics (5) — 5 lvl 4s	

Flight B - 38 gymnasts

Squad A	11	Squad B	10
Mt Pleasant Gymnastics Academy (11) — 11 Bronzes		Gymnastic Dreams (10) — 10 Bronzes	
Squad C	**8**	**Squad D**	**9**
Extreme Gymnastics U.S.A. Inc. (8) — 8 Bronzes		Capitol City Athletics (3) — 3 Bronzes Frankenmuth Dance Directions and Gymnastics (6) — 6 Bronzes	

Flip & Flannels 2026

Session: 4 **Level 9, Level 8, Level 7, Diamond, & Level 6** **Sunday, Nov 22nd 2026**

Open Warm-Up: 9:00 AM **March In: 9:20 AM** **Compete: 9:30 AM** **Awards: 12:05 PM**

Flight A Gyms: Troy, Extreme Gym, CGA2

Flight B Gyms: NorthStar, Troy, DSG, CEA

Flight A - 27 gymnasts

Squad A	7	Squad B	5
Troy Gymnastics (7) — 7 lvl 6s		Extreme Gymnastics U.S.A. Inc. (5) — 5 lvl 6s	
Squad C	**8**	**Squad D**	**7**
Troy Gymnastics (8) — 4 lvl 6s, 4 lvl 7s		Champion Gymnastics (7) — 6 lvl 6s, 1 lvl 7	

Flight B - 22 gymnasts

Squad A	8	Squad B	7
Detroit School of Gymnastics (1) — 1 lvl 9 NorthStar Gymnastics Inc (3) — 3 Diamonds Troy Gymnastics (4) — 1 lvl 8, 3 lvl 9s		Cutting Edge Athletics (7) — 7 lvl 6s	
Squad C	**0**	**Squad D**	**7**
		Cutting Edge Athletics (7) — 1 lvl 8, 4 lvl 7s, 2 lvl 6s	

Flip & Flannels 2026

Session: 5 **Fun** **Sunday, Nov 22nd 2026**

Open Warm-Up: 12:15 PM **March In: 12:35 PM** **Compete: 12:45 PM** **Awards: 2:15 PM**

Flight A Gyms: Extreme Gym, FlipSpot, Troy

Flight B Gyms: Troy, Extreme Gym, DSG

Flight A - 34 gymnasts

Squad A 	**8**	**Squad B** 	**8**
Extreme Gymnastics U.S.A. Inc. (8)		FlipSpot Gymnastics (8)	
Squad C 	**9**	**Squad D** 	**9**
Troy Gymnastics (9)		Troy Gymnastics (9)	

Flight B - 23 gymnasts

Squad A 	**9**	**Squad B** 	**6**
Troy Gymnastics (9)		Extreme Gymnastics U.S.A. Inc. (6)	
Squad C 	**8**	**Squad D** 	**0**
Detroit School of Gymnastics (4) Troy Gymnastics (4)		No gymnasts	