

2026 Daytona Beach Bash

September 18 – 20, 2026

Daytona Beach Ocean Center
101 N. Atlantic Blvd.
Daytona Beach, Florida

Friday September 18, 2026

Session 1 (65)

Xcel Bronze - ALL

3:30 pm – 3:50 pm General Stretch
3:50 pm – 5:30 pm Compete
Individual and Team Awards

Session 2 (38)

Xcel Silver

Gymnasts born 5/12/2016 – 6/30/2019
5:30 pm – 5:50 pm General Stretch
5:50 pm – 7:15 pm Compete
Individual and Team Awards

Session 3 (39)

Xcel Silver

Gymnasts born 1/1/2012 – 5/11/2016
7:15 pm – 7:35 pm General Stretch
7:35 pm – 8:45 pm Compete
Individual and Team Awards

All sessions are
Modified Capital Cup

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September 18 – 20, 2026

Daytona Beach Ocean Center
101 N. Atlantic Blvd.
Daytona Beach, Florida

Saturday September 19, 2026

Session 4 (68)

USA Level 1 ALL

8:00 am – 8:15 am General Stretch
8:30 am – 10:00 am Compete
Individual and Team Awards

Session 5 (65)

USAG Level 2

From the following gyms:

Gymnastics USA, Lafleur's Largo, Orlando Metro,
Seaside

10:00 am – 10:15 am General Stretch
10:30 am – 12:30 pm Compete
Individual and Team Awards

Session 6 (65)

USAG Level 2

From the following gyms:

ACE, FGTC, Gym Like This, Orlando Gymnastics,
Palm Coast, Sun Country, Trousdell, Tumbleweeds,
UGA-PSL

12:30 pm – 12:50 pm General Stretch
12:50 pm – 3:00 pm Compete
Individual & Team Awards

Session 7 (64)

USA Level 3

From the following gyms:

Gymnastics USA, Lafleur's Largo, Legacy,
Orlando Gymnastics, Orlando Metro, Trousdell
Gymnasts born 5/31/2017 – 10/1/2019

3:00 pm – 3:20 pm General Stretch
3:20 pm – 5:30 pm Compete
Individual Awards (Team awards after session 8)

Session 8 (65)

USA Level 3

From the following gyms:

Gymnastics USA, Lafleur's Largo, Legacy,
Orlando Gymnastics, Orlando Metro, Trousdell
Gymnasts born 1/1/2014 – 5/30/2017

5:30 pm – 5:50 pm General Stretch
5:50 pm – 8:00 pm Compete
Individual & Team Awards

2026 Daytona Beach Bash

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Daytona Beach Ocean Center

101 N. Atlantic Blvd.

Daytona Beach, Florida

Sunday September 20, 2026

Session 9 (57)

USA Level 3

From the following gyms:

ACE, FGTC, Gym Like This, Harbor City, MGA,

Palm Coast, Seaside, Sun Country, Tumbleweeds,

UGA-PSL, WGV

8:00 am – 8:20 am General Stretch

8:20 am– 10:30 am Compete

Individual & Team Awards

Session 10 (68)

USAG Level 5 - ALL

USA Level 4

From the following gyms:

FGTC, Grit & Grace, Gym Like This, Legacy, MGA,

Palm Coast, Sun Country, Trousdell, Tumbleweeds,

UGA-PSL

10:30 am – 10:50 am General Stretch

10:50 am– 1:15 pm Compete

Individual and Team Awards

Session 11 (59)

USAG Level 4

From the following gyms:

ACE, Gymnastics USA, Harbor City, Lafleur's Largo,

Orlando Gymnastics, Orlando Metro, Seaaside, WGV

Gymnasts born 4/20/2016 – 1/1/2019

1:15 pm – 1:35 pm General Stretch

1:35 pm – 4:00 pm Compete

Individual Awards (Team awards after session 12)

Session 12 (59)

USAG Level 4

From the following gyms:

ACE, Gymnastics USA, Harbor City, Lafleur's Largo,

Orlando Gymnastics, Orlando Metro, Seaaside, WGV

Gymnasts born 1/1/2013 – 4/19/2016

4:00 pm – 4:20 pm General Stretch

4:20 pm – 6:30 pm Compete

Individual and Team Awards

All sessions are

Modified Capital Cup