



USA GYMNASTICS®

WOMEN'S PROGRAM

2022 - Easter: April 17 / Memorial Day: May 30

	Thursday	Friday	Saturday	Sunday
Last weekend for 9/10 State *4 weeks until Regionals*		March 25 th	March 26 th	March 27 th
Last weekend for 9/10 Regionals *2 weeks until East/West* *3 weeks until Nationals*		April 22 nd	April 23 rd	April 24 th
Level 9 Easterns / Westerns	May 5 th Training	May 6 th Competition	May 7 th Competition	May 8 th Competition
Level 10 Nationals	May 12 th Set-up	May 13 th Training	May 14 th Competition	May 15 th Competition

2023 – Easter: April 9 / Memorial Day: May 29

	Thursday	Friday	Saturday	Sunday
Last weekend for 9/10 State *3 weeks until Regionals*		March 24 th	March 25 th	March 26 th
Last weekend for 9/10 Regionals *3 weeks until East/West* *4 weeks until Nationals*		April 14 th	April 15 th	April 16 th
Level 9 Easterns / Westerns	May 4 th Training	May 5 th Competition	May 6 th Competition	May 7 th Competition
Level 10 Nationals	May 11 th Set-up	May 12 th Training	May 13 th Competition	May 14 th Competition

2024 – Easter: March 31 / Memorial Day: May 27

	Thursday	Friday	Saturday	Sunday
Last weekend for 9/10 State *4 weeks until Regionals*		March 15 th	March 16 th	March 17 th
Last weekend for 9/10 Regionals *3 weeks until East/West* *4 weeks until Nationals*		April 12 th	April 13 th	April 14 th
Level 9 Easterns / Westerns	May 2 nd Training	May 3 rd Competition	May 4 th Competition	May 5 th Competition
Level 10 Nationals	May 9 th Set-up	May 10 th Training	May 11 th Competition	May 12 th Competition

2025 – Easter: April 20 / Memorial Day: May 26

	Thursday	Friday	Saturday	Sunday
Last weekend for 9/10 State *4 weeks until Regionals*		March 14 th	March 15 th	March 16 th
Last weekend for 9/10 Regionals *3 weekends until East/West* *4 weeks until Nationals*		April 11 th	April 12 th	April 13 th
Level 9 Easterns / Westerns	May 1 st Training	May 2 nd Competition	May 3 rd Competition	May 4 th Competition
Level 10 Nationals	May 8 th Set-up	May 9 th Training	May 10 th Competition	May 11 th Competition

2026 – Easter: April 5 / Memorial Day: May 25

	Thursday	Friday	Saturday	Sunday
Last weekend for 9/10 State *2 weeks until Regionals*		March 27 th	March 28 th	March 29 th
Last weekend for 9/10 Regionals *3 weeks until East/West* *4 weeks until Nationals*		April 10 th	April 11 th	April 12 th
Level 9 Easterns / Westerns	April 30 th Training	May 1 st Competition	May 2 nd Competition	May 3 rd Competition
Level 10 Nationals	May 7 th Set-up	May 8 th Training	May 9 th Competition	May 10 th Competition