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HEART OF THE VALLEY YMCA TURKEY INVITATIONAL SCHEDULE

There will not be a rotation for bar settings. Please check bar sets before timed warm-ups begin. We will be following a modified traditional meet format.

Vault and balance beam will be located in the Endries Gymnasium. Floor and uneven bars will be located in the Geerts Gymnastics Center.

Awards Ceremonies will be in the Van Hoof Gymnasium.



Thank you to our judges and volunteers for their hard work throughout the weekend! We appreciate your help to make this a successful meet!

Good luck gymnasts!

Friday, November 6, 2026

Session I: Level 5, 6

Open Stretch/Bar Sets/March In: 5:00 p.m.
Timed Warm-ups and Competition: 5:20-9:25 p.m.
Awards following this session.

Warm-ups and Competition

**Lvl 5: Heart of the Valley (6), Lvl 6: Heart of the Valley (2), Lvl 6: Sheboygan (7),
Lvl 5: Sheboygan (2)**

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

Lvl 5: Heart of the Valley (7), Lvl 5: Green Bay (2), Lvl 6: Green Bay (7)

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

**Lvl 6: Kettle Moraine (6), Lvl 6: Green County (3), Lvl 5: Green County (5),
Lvl 5: Manitowoc (4)**

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

Lvl 6: Kettle Moraine (7), Lvl 6: South Wood (3), Lvl 6: M&M (3), Lvl 5: M&M (5)

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

Saturday, November 7, 2026

Session II: Level 4, Xcel Bronze, Xcel Gold

Open Stretch/Bar Sets/March In: 8:00 a.m.
Timed Warm-ups and Competition: 8:20 a.m.-12:00 p.m.
Level 4 and Xcel Bronze awards following this session.
Xcel Gold awards following session three.

Warm-ups and Competition

Lvl 4: Green Bay (7) Lvl 4: Heart of the Valley (8), Lvl 4: Green County (1)

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

Lvl 4: Heart of the Valley (9), Lvl 4: Green Bay (7), Bronze: Green Bay (1)

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

Lvl 4: Manitowoc (9), Gold: Green Bay (9)

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

Gold: SWC (4), Gold: Green Bay (9)

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

Session III: Xcel Gold, Xcel Platinum

Open Stretch/Bar Sets/March In: 12:10 p.m.
Timed Warm-ups and Competition: 12:30-4:25 p.m.
Awards following this session.

Warm-ups and Competition

Gold: Kettle Moraine (12), Plat: Green Bay (4)

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

Gold: Kettle Moraine (13), Plat: Sheboygan (3), Gold: Manitowoc (3)

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

Gold: Door County (9), Gold: Green County (7), Plat: Green County (1)

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

Gold: Door County (8), Gold: Northwoods (8), Plat: Northwoods (5)

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

Session IV: Level 7, 8, Xcel Diamond, Xcel Sapphire

Open Stretch/Bar Sets/March In: 4:35 p.m.
Timed Warm-ups and Competition: 4:55-8:55 p.m.
Awards following this session.

Warm-ups and Competition

Lvl 8: Heart of the Valley (3), Lvl 7: Heart of the Valley (4), Lvl 7: Heart of the Valley (8)

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

Lvl 8: Door County (2), Diamond: Northwoods (2), Lvl 7: Green Bay (9)

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

Lvl 7: Kettle Moraine (8), Lvl 8: Kettle Moraine (1), Lvl 7: Green County (3), Lvl 8: Green Bay (2)

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

Lvl 7: Sheboygan (4), Lvl 8: Sheboygan (3), Lvl 7: M&M (3), Lvl 8: M&M (2), Lvl 7: Manitowoc (1)

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

Sunday, November 8, 2026

Session V: Level 3

Open Stretch/Bar Sets/March In: 8:00 a.m.
Timed Warm-ups and Competition: 8:20-11:00 a.m.
Awards following this session.

Warm-ups and Competition

Heart of the Valley (10), Green Bay (9)

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

Heart of the Valley (10), Green Bay (9)

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

Manitowoc (8), Green County (8)

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

SWC (4), Sheboygan (12)

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

Session VI: Level 1, 2

Open Stretch/Bar Sets/March In: 11:10 a.m.
Timed Warm-ups and Competition: 11:30 a.m.-1:45 p.m.
Awards following this session.

Warm-ups and Competition

Lvl 2: Heart of the Valley (10), Lvl 1: Green County (9)

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

Lvl 2: Green County (4), Lvl 2: Sheyboygan (13)

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

Lvl 2: Green Bay (8), Lvl 2: SWC (11)

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

Lvl 1: Sheboygan (4), Lvl 2: Green Bay (8), Lvl 2: Manitowoc (8)

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault

Session VII: Xcel Silver

Open Stretch/Bar Sets/March In: 1:55 p.m.
Timed Warm-ups and Competition: 2:15-5:15 p.m.
Awards following this session.

Warm-ups and Competition

Kettle Moraine (23) *Split Required*

Rotation: Vault, Balance Beam, Uneven Bars, Floor Exercise

Green County (4), Northwoods (13)

Rotation: Balance Beam, Vault, Floor Exercise, Uneven Bars

Door County (11), Green Bay (10)

Rotation: Uneven Bars, Floor Exercise, Vault, Balance Beam

Sheboygan (4), Door County (12)

Rotation: Floor Exercise, Uneven Bars, Balance Beam, Vault