



# 2026 REGION 5 CHAMPIONSHIPS

MARCH 26 – MARCH 29  
FT WAYNE, IN

	Session	Level	Open Stretch	Intros	Format
Thursday, March 26	1	Tech Seq	5:00pm	5:20pm	A/B format Capitol Cup
Friday, March 27	2	L6 D1 & JE	9:00am	9:20am	A/B format Capitol Cup
Friday, March 27	3	L7 JN	12:45pm	1:05pm	A/B format Capitol Cup
Friday, March 27	4	JE 8-10	5:00pm	5:20pm	A/B format Capitol Cup
Saturday, March 28	5	L8 JN	8:30am	8:50am	A/B format Capitol Cup
Saturday, March 28	6	L9 JN	12:30pm	12:50pm	A/B format Capitol Cup
Saturday, March 28	7	L10 JN	5:00pm	5:20pm	A/B format Capitol Cup
Sunday, March 29	8	State All-Stars	8:30am	8:50am	A/B format Capitol Cup
Sunday, March 29	9	L4	12:00pm	12:20pm	A/B format Capitol Cup
Sunday, March 29	10	L5	3:30pm	3:50pm	A/B format Capitol Cup

**Fort Wayne is on Eastern Time**

