

Muscle Beach Invitational

Final Women's Session Summary

January 17-19, 2026

Saturday 1/17

Session 1A (Venice Beach) Level 2/XCEL Bronze
8:00am-11:00am

LEVEL 2

Broadway, New Hope, Paramount Elite

XCEL Bronze

Broadway, JAG "Blue/Yellow Older-Emery/Katie",
Lakewood YMCA, Perfect Score

Session 2A (Venice Beach) Level 2/XCEL Silver
11:15am-2:15pm

LEVEL 2

Aerial, Gym-Max, PCG, SAGA

XCEL Silver

BGA, JAG "Green/Orange Older-Claire, Green/
Orange Older-Christian/Ita", Lakewood YMCA,
NCGA-Bellingham, Perfect Score, SD United

Session 3A (Venice Beach) Level 3
2:30pm-5:30pm

LEVEL 3

Aerial, Broadway, Gym-Max, Lakewood YMCA, New
Hope, NCGA-Bellingham, PCG, Paramount Elite,
SD United, SCATS, South Coast, SAGA

Session 4A (Venice Beach) Level 4/5
5:45pm-8:45pm

LEVEL 4/5

Aerial, Broadway, Lakewood YMCA, New Hope,
NCGA-Bellingham, PCG, Paramount Elite,
SD United, SCATS, South Coast, SAGA

Session 1B (Santa Monica Beach) XCEL Silver
8:00am-11:00am

XCEL Silver

The Waves, JAG "Green/Orange Younger-Callie/Ruby",
New Hope, NCGA-Ferndale, Paramount Elite, Winners

Session 2B (Santa Monica Beach) XCEL Bronze
11:15am-2:15pm

XCEL Bronze

The Waves, JAG "Blue/Yellow Younger-Ruby/Callie,
Blue/Yellow Younger-Emery/Katie", New Hope, NCGA-
Ferndale, Paramount Elite, Winners

Session 3B (Santa Monica Beach) XCEL Gold
2:30pm-5:30pm

XCEL Gold

BGA, Diamondback, The Waves, JAG "Purple Older
Cari/Jordan/Arden, Purple Younger-Cari/Jordan",
Lakewood YMCA, New Hope, NCGA-Ferndale, NCGA-
Bellingham, Paramount Elite, SD United, SB Gym
Club, SCATS, WCOGA, Winners

Session 4B (Santa Monica Beach) XCEL Platinum
5:45pm-8:45pm

XCEL Platinum

Aerial, Agility, BGA, Broadway, Diamondback, The
Wave, GO, JAG, Lakewood YMCA, New Hope, NCGA-
Ferndale, NCGA-Bellingham, PCG, Paramount Elite,
SD United, SB Gym Club, SCATS, SAGA, WCOGA

Sunday 1/18

Session 5A (Venice Beach) XCEL Bronze

8:00am-11:00am

XCEL BRONZE

Aerial, BGA, Firestorm, Gymnastics Olympica, JAG
“Blue/Yellow Young-Anna/Christian, Blue/Yellow
Older-Anya/Dakota, Blue/Yellow Older-Ita/
Christian”, PCG, SD United, SAGA

Session 6A (Venice Beach) Level 6/7

11:15am-2:15pm

LEVEL 6/7

Broadway, Diamondback, JAG, New Hope, NCGA-
Bellingham, PCG, Paramount Elite, SB Gym Club,
SCATS, South Coast, SAGA, Winners

Session 7A (Venice Beach) Level 8/XCEL Diamond

2:30pm-5:30pm

LEVEL 8

JAG, New Hope, PCG, Paramount Elite, SCATS,
South Coast, SAGA, Winners

XCEL Diamond

Agility, BGA, Broadway, Diamondback, Gymnastics
Olympica, JAG, NCGA-Bellingham, PCG, SD
United, SAGA, WCOGA

Session 8A (Venice Beach) Level 9/10

5:45pm-8:45pm

LEVEL 9/10

Broadway, Diamondback, JAG, New Hope, NCGA-
Bellingham, PCG, Paramount Elite, SCATS,
South Coast, Winners

Monday 1/19

Session 9A (Venice Beach) XCEL Silver

9:00am-12:00pm

XCEL Silver

Aerial, Agility, Broadway, FireStorm, Gymnastics
Olympica, JAG “Green/Orange Older-Claire, Green/
Orange Younger-Jordan/Ita/Cari, Green/Orange
Younger-Arden/Michel”, PCG, SAGA

Session 10A (Venice Beach) XCEL Gold

12:15pm-3:15pm

XCEL Gold

Aerial, Agility, Broadway, FireStorm, Gymnastics
Olympica, JAG “Red Older-Anna/Grace, Red Older-
Christian/Cari/Jordan/Arden” PCG, SAGA

Session 11A (Venice Beach) College Club TBD

3:30-5:30