

# US Finals - Fort Walton Beach

April 18, 2026

NW Florida State College

Raider Arena (Niceville, FL)

## 1- EVENT CHECK-IN

Turn in paperwork and receive credentials

## 2- WARM UP CHECK-IN

Report 5 minutes before first mat station

## 3- STRETCH STATION

No skills allowed

## 4- SPRING STRIP

6 minutes

## 5- FULL FOAM FLOOR

6 minutes

## 6- IN THE HOLE

## 7- ON DECK

## 8- PERFORMANCE FLOOR

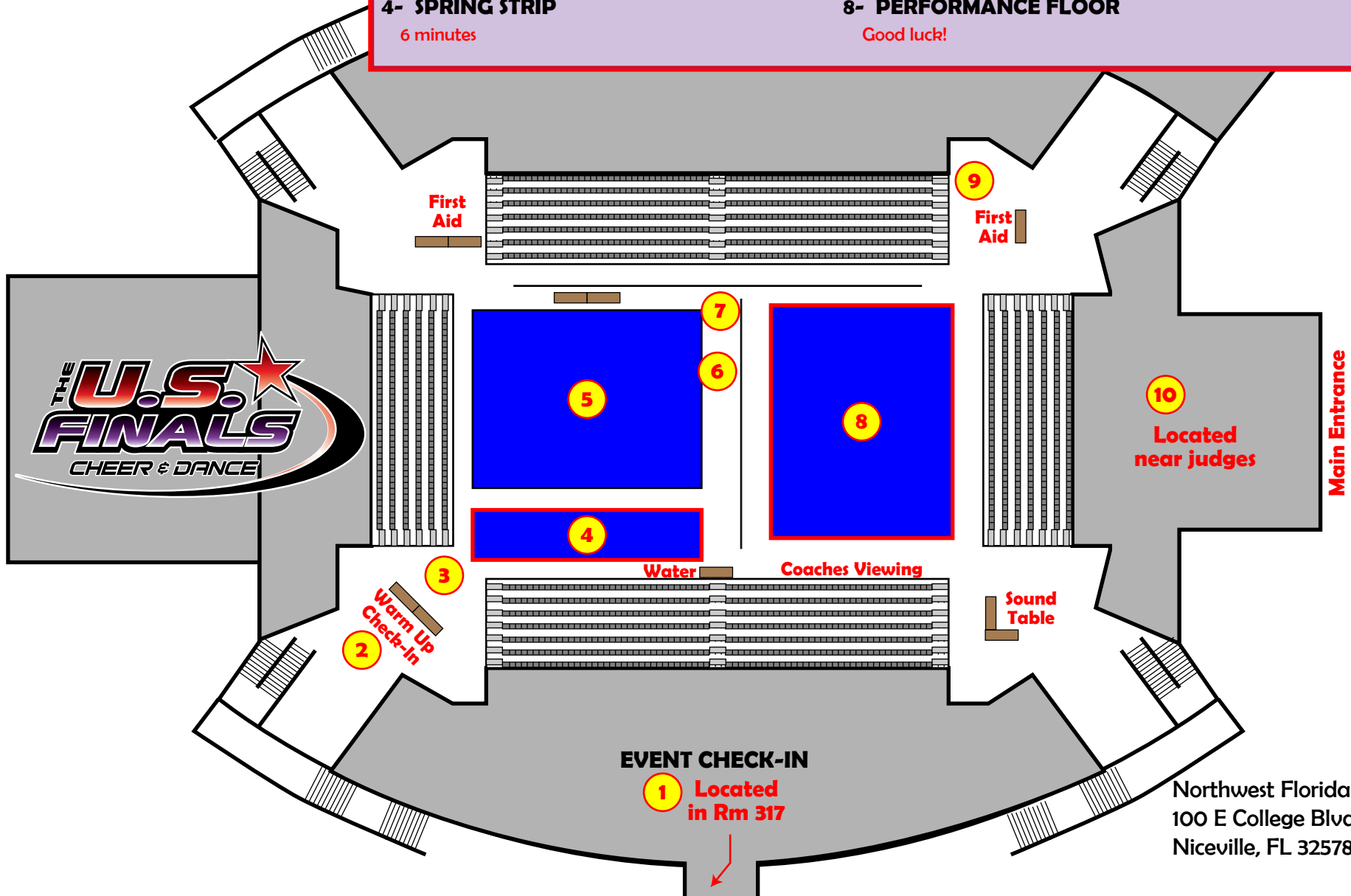
Good luck!

## 9- VIDEO REPLAY

Watch your routine

## 10- SCORE SHEETS

Don't forget to review your scores



Northwest Florida State College  
100 E College Blvd  
Niceville, FL 32578