

2026 New York State Men's Gymnastics Championships



March 13-15, 2026

Hosted by:

West Point Community Gymnastics

wpcgym.com

nysmensgym.com

Final Session Schedule

All Sessions Modified Capital Cup Format

Friday, March 13th, 2026

Session #1 – Levels 3D2, Silver, Gold, Platinum (57 Boys):

Report: 1:15PM Stretch: 1:30PM First WU (10 min): 1:50PM Competition: 2:05PM

Session #2 - Level 3D1 & Bronze (79 Boys):

Report: 5:00PM Stretch: 5:15PM First WU (12 min): 5:35PM Competition: 5:50PM

Saturday, March 14th, 2026

NYS Boys Coaches Meeting: 10:00AM *(One coach per gym must attend.)*

Session #3 – Levels 7 & 8 (58 Boys):

Report: 11:45AM Stretch: 12:00PM First WU (12 min): 12:20PM Competition: 12:35PM

Session #4 – Levels 9 & 10 (64 Boys):

Report: 4:30PM Stretch: 4:45PM First WU (12 min): 5:05PM Competition: 5:20PM

Coaches & Judges Social: 9:00PM Details to follow.

Sunday, March 15th, 2026

Session #5 – Level 4 (74 Boys):

Report: 8:45AM Stretch: 9:00AM First WU (12 min): 9:20AM Competition: 9:35AM

Session #6 – Levels 5, 6, & JE Technical Sequences (59 Boys):

Report: 1:15PM Stretch: 1:30PM First WU (12 min): 1:50PM Competition: 2:05PM

Venue: Lou Gross Sports Center
 Stoney Lonesome Rd.
 West Point, NY 10996

Results: All results will be live online at meetscoresonline.com and scorecatonline.com.

Awards: Individual and Team Awards will be presented following each session. Graduating seniors will be recognized following their respective session. Special awards will be presented at the conclusion of Session #4. Team awards will be presented based on the criteria below.

2026 NYS Men's Gymnastics Championships Team Awards

Listed In Order Of Presentation

Level	# Scores Count	# Teams Eligible	# Banners Awarded	
L3 D2	3	5	3	S1
Gold	2	4	2	
Platinum	2	3	2	
L3 D1	3	10	5	S2
Bronze	3	2	2	
L7	2	6	3	S3
L8	3	8	4	
L9	3	5	3	S4
L10	3	6	3	
L4 D1	3	9	5	S5
L4 D2	2	2	2	
L5 D1	3	5	3	S6
L5 D2	2	1	1	
L6 D1 / L6 JE	2	3	3	
Total Banners			41	