



2026 GOLD CUP & NATIONS' CUP

APRIL 23-26, 2026

LANSING, MICHIGAN · USA

PUBLIC SCHEDULE

THURSDAY

APRIL 23, 2026

GOLD CUP

Open CE Competition

🕒 1:45 PM to 3:48 PM

Adult CE Competition

🕒 4:03 PM to 5:21 PM

CE | Choreographic Exercise
FP | Free Performance

SCHEDULE SUBJECT TO CHANGE

FRIDAY

APRIL 24, 2026

GOLD CUP

Adult FP Competition

🕒 2:35 PM to 5:02 PM

NATIONS' CUP

Novice CE Competition

🕒 7:08 PM to 8:12 PM

Open FP Competition

🕒 5:17 PM to 8:12 PM

GOLD CUP

Victory Ceremony Adult & Open

🕒 8:15 PM

SATURDAY

APRIL 25, 2026

NATIONS' CUP

Junior CE Competition

🕒 3:15 PM to 4:33 PM

EXIBITION AMERICA

Adaptive Teams

🕒 6:00 PM to 6:28 PM

Senior CE Competition

🕒 4:48 PM to 5:33 PM

NATIONS' CUP

Novice FP Competition

🕒 6:43 PM to 8:01 PM

Victory Ceremony Novice & Adaptive

🕒 8:05 PM

GOLD CUP
Adult & Open Categories
NATIONS' CUP
Junior, Novice, & senior Categories
EXIBITION AMERICA
Adaptive

SUNDAY

APRIL 26, 2026

NATIONS' CUP

Junior FP Competition

🕒 1:00 PM to 2:45 PM

Victory Ceremony Junior & Senior

🕒 4:15 PM

Senior FP Competition

🕒 3:00 PM to 4:15 PM