



EMERGE ACADEMY

## **EMERGE ACADEMY INVITATIONAL**

**Hosted by Emerge Academy Men's Booster Club**

**MidAmerican Energy Company RecPlex  
West Des Moines, Iowa**

**Saturday, January 10, 2026 (Doors Open 7:30AM)**

**Session 1 - Level 5 Modified Warm Up**

Open Stretch 8:00AM  
Warm Up 1<sup>st</sup> Event 8:20AM  
March In 8:30AM  
Awards 10:45AM

**Session 2 - Levels 6-7 Modified Warm Up**

Open Stretch 11:15AM  
Warm Up 1<sup>st</sup> Event 11:35AM  
March In 11:45AM  
Awards 2:30PM

**Session 3 - Levels 8-9 Modified Warm Up**

Open Stretch 3:00PM  
Warm Up 1<sup>st</sup> Event 3:20PM  
March In 3:30PM  
Awards 6:00PM

**Session 4 - Level 10 Modified Warm Up**

Open Stretch 6:30PM  
Warm Up 1<sup>st</sup> Event 6:50PM  
March In 7:00PM  
Awards 9:30PM

**Sunday, January 11, 2026 (Doors Open 7:30AM)**

**Session 5 - Levels 3 Traditional Warm Up**

Open Stretch 8:00AM  
Warm Up All Events 8:15AM  
March In 9:15AM  
Awards 10:30AM

**Session 5 - Level 4 Modified Warm Up**

Open Stretch 11:15AM  
Warm Up 1<sup>st</sup> Event 11:35AM  
March In 11:50AM  
Awards 3:15PM

**For additional information contact:**

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