

DATE: February 9, 2026
TO: Athletic Directors and Gymnastics Coaches
FROM: Guy Fridley, State Meet Manager
RE: 2026 North Dakota State Gymnastics Meet

Dates:

Friday, February 27
Saturday, February 28
Dickinson High School

Times: (All times listed as Mountain Time)

Friday (Team Day)

- 1:00 PM – Gym Opens
- 1:15 PM – Coaches' Meeting-Comp Floor
- 1:45 PM – 3:45 – Timed Warm Ups
- 3:00 PM – Officials' Meeting and video review for base score-Room 170
- 3:55 PM – Opening Ceremony
- 4:00 PM – Begin Competition

Saturday (Individual Day)

- 9:45 AM – Gym Opens
- 10:00 AM – Coaches' Meeting-Comp Floor
- 10:30 AM – Timed Warm-ups Begin
- 11:30 AM – Video review for base score-Room 170
- 11:55 AM – Opening Ceremonies
- 12:00 PM – Begin Competition

Format:

A later email will be coming out regarding warm up rotation & times along with competitive rotations. Warm up will reflect an eight team double grouping per NDHSAA Regulations.

Arrival at DHS:

Teams will use the Southeast parking for unloading and loading of athletes. If you happen to have a larger bus, we ask you to park in the main West lot after dropping of your athletes.

Motels:

Each school participating in the state gymnastics meet is responsible for securing their own rooms. There are no room blocks set up for this event.

T-Shirts and Apparel: There will be a representative from Northwest Designs on site to purchase state gymnastics apparel. Here is a link to pre-order as well [2026 \(NDHSAA\) State Gymnastics Championship \(43864ND\) – Online Apparel](#)

Concessions/Hospitality:

There will be concessions available for athletes and spectators. A hospitality room will also be available for meet officials, coaches and administrators.

Awards:

Awards will be presented each day after competition has concluded.

Admission Prices:

CASH ticket prices are: Daily - Adults - \$20.00, Students - \$5.00

2 Day ticket – Adults - \$40.00, Students - \$10.00

DIGITAL GO FAN ticket prices are: Daily – Adults \$16.75, Students - \$5.00

2 Day ticket – Adults - \$33.50, Students - \$10.00

Requested Materials for Tournament Program:

Please email the items listed below to cstanton@dpsnd.org

Deadline is Friday, February 18.

1. Head Coach Picture
2. Head Coach Biography
3. Team Picture and outline from last years' 2023 State Team Champions-Dickinson
4. Individual Pictures for last year's individual champions:
 - a. Balance Beam –Sophie Flores-Dickinson
 - b. Bars – Aspen Roadarmel—Dickinson
 - c. Vault – Aspen Roadarmel—Dickinson
 - d. Floor –Julie Skari—Jamestown
 - e. All Around – Aspen Roadarmel

*Note, all of your team rosters, pictures, and outlines will be taken from the NDHSAA website on Feb. 18 by 8:00am, please make any changes prior to this date.