

2026 Des Moines Regional Schedule

Iowa Events Center

CLICK HERE
to view
dancers personal
schedules

Friday, March 20, 2026

Room 1

Doors open at 10:00 AM
Mini Solo (R), (A), & (C) (Ages 8 & Under),
Junior Solo (R) & (C) (Ages 9 - 11),
Teen Duet/Trio (A) (Ages 12 - 14),
Junior Duet/Trio (A) (Ages 9 - 11),
Mini Small Groups (A) (Ages 8 & Under)
 All Categories..... 11:00 AM

Awards	12:25 PM
<i>Top Junior Advanced Duet/Trios</i>	
<i>Top Junior Competitive Solos</i>	
<i>Junior Rising Star Awards</i>	
<i>Top Mini Advanced Small Groups</i>	
<i>Top Mini Advanced Solos</i>	
<i>Top Mini Competitive Solos</i>	
<i>Mini Rising Star Awards</i>	
<i>Top Teen Advanced Duet/Trios</i>	

Junior Duet/Trio (P) (Ages 9 - 11)

Jazz12:55 PM
 Lyrical Jazz.....12:58 PM

Mini Duet/Trio (A) (Ages 8 & Under)

Lyrical Jazz.....1:01 PM
 Jazz1:08 PM

Teen Solo (A) & (C) (Ages 12 - 14)

Contemporary1:11 PM
 Hip Hop1:14 PM
 Jazz1:17 PM
 Musical Theater1:24 PM
 Open.....1:30 PM
 Lyrical Jazz.....1:33 PM
 Hip Hop1:43 PM
 Jazz1:46 PM
 Lyrical Jazz.....1:49 PM
 Acrobatic Dance.....1:59 PM
 Contemporary2:02 PM
 Lyrical Jazz.....2:05 PM
 Jazz2:09 PM
 Tap2:12 PM
 Hip Hop2:15 PM

Awards	2:20 PM
<i>Top Junior Performance Duet/Trios</i>	
<i>Top Mini Advanced Duet/Trios</i>	
<i>Top Teen Advanced Solos</i>	
<i>Top Teen Competitive Solos</i>	

Teen Small Groups (A) (Ages 12 - 14),

Teen Duet/Trio (C) (Ages 12 - 14),

Junior Solo (A) (Ages 9 - 11),

Senior Solo (A) & (C) (Ages 15 - 19),

Teen Large Groups (A) (Ages 12 - 14)

All Categories.....2:50 PM

Awards	4:30 PM
<i>Top Junior Advanced Solos</i>	
<i>Top Senior Advanced Solos</i>	
<i>Top Senior Competitive Solos</i>	
<i>Top Teen Advanced Large Groups</i>	
<i>Top Teen Advanced Small Groups</i>	
<i>Top Teen Competitive Duet/Trios</i>	

**Studio Owner
Giveaway**

When:
Friday
following the
12:25 PM Awards in
Room 1

Where:
Teacher
Hospitality Suite