

BSI 2026
MEN'S COMPETITION SCHEDULE

MASS MUTUAL CENTER
1277 MAIN STREET
SPRINGFIELD, MA

**ALL SESSIONS ARE MODIFIED CAPITAL CUP*

FRIDAY, JANUARY 23, 2026

SESSION 1: LEVEL 9 & 10 – 63 ATHLETES
CHECK IN/ STRETCH – 5:00PM
LINE UP AT FIRST EVENT – 5:30PM
AWARDS – 9:00PM

SATURDAY, JANUARY 24, 2026

SESSION 2: ALL LEVEL 5 DIVISION 1 & DIVISION 2 – 57 ATHLETES
CHECK IN/ STRETCH – 8:00AM
LINE UP AT FIRST EVENT – 8:20AM
AWARDS – 11:15AM

SESSION 3: Level 7 – 33 ATHLETES
Ellis, GBC, Gym Express, Interstate, Kennett's, MAG, Sterling, Western Mass

CHECK IN/ STRETCH – 11:30AM
LINE UP AT FIRST EVENT – 11:50AM
AWARDS – 2:15PM

SESSION 4: LEVEL 7 – 34 ATHLETES
Aim High, Dunne's, GSC, Gym Village, Gymfest, Impact, MEGA, New Era, Regal, Thames Valley

CHECK IN/STRETCH – 2:30PM
LINE UP AT FIRST EVENT – 2:50PM
AWARDS – 5:00PM

SESSION 5: ALL LEVEL 6; LEVEL 8 AND PLATINUM – 41 ATHLETES
CHECK IN/ STRETCH – 5:30PM
LINE UP AT FIRST EVENT – 5:50PM
AWARDS – 8:30PM



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SUNDAY, JANUARY 25, 2026

SESSION 6: LEVEL 3 DIVISION 1 – 48 ATHLETES
CHECK IN/STRETCH – 8:00AM
LINE UP AT FIRST EVENT – 8:20AM
AWARDS – 10:15AM

SESSION 7: LEVEL 3 DIVISION 2 – 66 ATHLETES
CHECK IN/ STRETCH – 10:30AM
LINE UP AT FIRST EVENT – 10:50AM
AWARDS – 1:00PM

SESSION 8: LEVEL 4 DIVISION 1 – 49 ATHLETES
CHECK IN/ STRETCH – 1:30PM
LINE UP AT FIRST EVENT – 1:50PM
AWARDS – 3:45PM

SESSION 9: LEVEL 4 DIVISION 2 – 39 ATHLETES
CHECK IN/ STRETCH – 4:00PM
LINE UP AT FIRST EVENT – 4:20PM
AWARDS – 6:00PM

