

FRIDAY JAN. 16TH, 2026

SESSIONS 1-3

TENTATIVE START TIME - 5:30PM

Friday Session 1: TENTATIVE 5:30pm (Doors Open 4:45pm)

Simply Youth Ballroom
Elementary Ballroom Team Match
15 min break

Friday Session 2: TENTATIVE 7pm

Elementary Syllabus Rhythm Cha-Cha
Elementary Syllabus Newcomer Bronze Swing
Elementary Syllabus Silver/Gold Swing

Youth Novice Rhythm (C/S)
Youth Pre-Champ Rhythm (C/S/M)
Youth Champ. American Rhythm (C/R/S/B/M)

Student Teacher Syllabus Smooth Waltz
Student Teacher Syllabus Smooth Foxtrot
Student Teacher Syllabus International Waltz

Student Teacher Champ. American Smooth (W/T/F/V)
Student Teacher Novice American Smooth (W/F)
Student Teacher Ballroom Championship (W/T/V/F/Q)

Adult Cabaret

Friday Session 3: TENTATIVE 8:25pm

Jr. High Syllabus Rhythm Cha-Cha
Jr. High Syllabus Newcomer Bronze Swing
Jr. High Syllabus Silver/Gold Swing

Jr. Novice Rhythm (C/S)
Jr. Pre-Champ Rhythm (C/S/M)
Jr. Champ. American Rhythm (C/R/S/B/M)

Adult Novice Rhythm (C/S)
Adult Pre-Champ Rhythm (C/S/M)
Adult Champ. American Rhythm (C/R/S/B/M)

Student Teacher Syllabus International Rumba
Student Teacher Syllabus International Cha-Cha

Student Teacher Championship Latin (C/S/R/P/J)

**To view Heat Lists and our detailed schedule please visit ballroomcompexpress.com
and click on Synergy DanceSport Festival**

SATURDAY JAN. 17TH, 2026

SESSIONS 4-7

TENTATIVE START TIME - 8AM

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Saturday Session 4: Tentative 8am (Doors open 7am)

Junior High Syllabus Ballroom Quickstep (Q)

Open Junior Novice Ballroom (W/QS)
Open Junior Pre-Champ Ballroom (W/T/QS)
Open Junior Ballroom (W/T/VW/F/QS)

Adult Open Novice Ballroom (W/QS)
Adult Open Pre-Championship Ballroom (W/T/QS)
Adult Open Amateur Ballroom (W/T/VW/FT/QS)

Senior Open Pre-Championship Ballroom (W/T/QS)

High School Syllabus American Rhythm Cha Cha
High School Syllabus Newcomer Bronze Am. Swing
High School Syllabus Newcomer Silver/Gold Am. Swing
High School Solo Lady Syllabus American Rhythm Swing

Saturday Session 5: Tentative 9:35am

Elementary Syllabus Ballroom Quickstep (Q)

Open Pre-Teen Novice Ballroom (W/QS)
Open Pre-Teen Ballroom (W/T/VW/FT/QS)

High School Syllabus Ballroom Waltz (W)

Open Youth Novice Ballroom (W/QS)
Open Youth Pre-Championship Ballroom (W/T/QS)
Open Youth Ballroom (W/T/VW/FT/QS)

Elementary Solo Lady Syllabus American Rhythm Swing
Elementary Solo Lady Syllabus - Int Paso Doble (PD)
Junior High Solo Lady Syllabus American Rhythm Swing

Saturday Session 6: Tentative 10:45am

Pee Wee Syllabus American Rhythm Cha Cha
Pee Wee Syllabus American Rhythm Swing

Elementary Syllabus Smooth Newcomer Bronze Foxtrot (F)
Elementary Syllabus Smooth Silver/Gold Foxtrot (F)

Open Pre-Teen Novice Smooth (W/FT)

High School Solo Lady Syllabus - Am Foxtrot (F)
High School Syllabus Smooth Newcomer Bronze Foxtrot (F)
High School Syllabus Smooth Silver/Gold Foxtrot (F)

Open Youth Novice Smooth (W/FT)
Open Youth Pre-Championship Smooth (W/T/F)
Open Youth Smooth (W/T/F/VW)

Saturday Session 7: Tentative 11:50am

Junior High Solo Lady Syllabus - Am Foxtrot (F)
Junior High Syllabus Smooth Newcomer Bronze Foxtrot (F)
Junior High Syllabus Smooth Silver/Gold Foxtrot (F)

Open Junior Novice Smooth (W/F)
Open Junior Pre-Champ Smooth (W/T/F)
Open Junior Smooth (W/T/F/VW)

Adult Open Novice Smooth (W/FT)
Adult Open Pre-Championship Smooth (W/T/F)
Adult Open Amateur Smooth (W/T/F/VW)

Senior Open Pre-Championship Smooth (W/T/F)

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SATURDAY JAN. 17TH, 2026

SESSIONS 8-12: TEAM FORMATION EVENTS

TENTATIVE START TIME - 1PM

Before purchasing table seats, please take a close look at which direction your dancer will be facing for team events. This page is a "QUICK look Tentative Team Schedule" and if you need additional details please see the "Detailed Team Tentative Schedule"

Saturday Session 8: Tentative 1pm

Youth Formation Large Group Show Dance - SIDE A
Youth Formation Novelty Show Dance - SIDE A
Youth Formation Cabaret Show Dance - SIDE A

Junior Formation Latin Medley - SIDE B
Junior Formation Novelty Show Dance - SIDE B

Pre-Teen All Ladies Latin Show Dance - SIDE B
Pee Wee Showcase - SIDE B

Saturday Session 9: Tentative 2:15pm

Youth Formation Ballroom/Smooth Show Dance - SIDE A
Youth Formation Ballroom Medley - SIDE A

Junior Formation Ballroom Medley - SIDE B

Pre-Teen Formation Ballroom/Smooth Show Dance - SIDE B
Pre-Teen Formation Ballroom Medley - SIDE B
Pre-Teen Formation Novelty Show Dance Final - SIDE B

Saturday Session 10: Tentative 3:30pm

Youth Formation Latin/Rhythm Show Dance - SIDE A

Youth All Ladies Latin Show Dance - SIDE A
Youth All Ladies Latin Medley - SIDE A
Youth All Ladies Ballroom/Smooth Show Dance - SIDE A

Junior Formation Latin/Rhythm Show Dance - SIDE B

Junior All Ladies Latin Show Dance - SIDE B
Junior All Ladies Latin Medley - SIDE B
Junior All Ladies Ballroom/Smooth Show Dance - SIDE B

Saturday Session 11: Tentative 4:55pm

Youth Formation Swing Show Dance - SIDE A

Junior Large Group Show Dance - SIDE B
Junior Formation Cabaret Show Dance - SIDE B

Pre-Teen Formation Latin Medley - SIDE B

Saturday Session 12: Tentative 5:45pm

Youth Formation Latin Medley - SIDE A

DINNER BREAK: Tentative 6:20pm

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SATURDAY JAN. 17TH, 2026 SESSIONS 13-14 TENTATIVE START TIME - 6PM

Saturday Session 13: Tentative 7:15pm

Elementary Syllabus Latin Paso Doble (PD)
Elementary Syllabus Latin Samba (S)

Junior High Solo Lady Syllabus - Int Rumba (R)
Junior High Syllabus Latin Rumba (R)
Junior High Syllabus Latin Samba (S)

High School Solo Lady Syllabus - Int Samba (S)

Open Pre-Teen Novice Latin (S/R)
Open Pre-Teen Latin (CC/S/R/P/J)

Open Youth Novice Latin (S/R)
Open Youth Pre-Championship Latin (CC/S/R)
Open Youth Latin (CC/S/R/PD/J)

Saturday Session 14: Tentative 9:20pm

High School Syllabus Latin Rumba (R)
High School Syllabus Latin Samba (S)

Open Junior Novice Latin (S/R)
Open Junior Pre-Champ Latin (CC/S/R)
Open Junior Latin (CC/S/R/P/J)

Adult Open Novice Latin (S/R)
Adult Open Pre-Championship Latin (CC/S/R)
Adult Open Amateur Latin (CC/S/R/PD/J)

Senior Open Pre-Championship Latin (CC/S/R)

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