

Extreme DanceSport Invitational 2026 Tentative Block Schedule

Thursday, April 16th

Cabaret Preliminaries will take place at the Gem State competition the evening of April 16th at Madison High School. For more details, their website can be found at utahballroom.org. For those not competing at Gem State, please send a video of your cabaret to studio@extremeballroom.com. Up to 8 finalists will be chosen!

Friday, April 17th

Session 1 (1:00 start time)

Special Needs Smooth
All-Ladies Pre-Teen Showdance
All-Ladies Junior/Youth Latin Medley
Pre-Teen Latin Showdance
Special Needs Latin
Awards

Session 2

Youth Latin Medley
Junior Ballroom Medley
Pre-Teen Latin Medley
Youth Ballroom Showdance
Pee Wee Showdance
All-Ladies Junior/Youth Ballroom/Smooth/Lyrical
Awards

Session 3

All-Ladies Junior/Youth Novelty
Youth Novelty Showdance
Junior Latin Medley
Pre-Teen Ballroom Medley
Youth Latin Showdance
Pre-Teen Ballroom/Smooth/Lyrical Showdance
Junior Ballroom/Smooth/Lyrical Showdance
Awards

Session 4

Pee Wee Syllabus Rhythm Swing (Sw)
Pee Wee Syllabus Latin Cha Cha (CC)
Elementary Solo Lady Swing (Sw)
Elementary Solo Lady Samba (S)
Junior High Solo Lady Swing (Sw)
Junior High Solo Lady Samba (S)
High School Solo Lady Swing (Sw)
High School Solo Lady Samba (S)
Awards

Session 5

All-Ladies Junior/Youth Latin/Rhythm Showdance
Youth Team Cabaret
Youth Large Group Showdance
Awards

Session 6

Youth Ballroom Medley
Junior Latin Showdance
Junior/Youth Large Group Showdance
Awards

GOOD NIGHT!

Saturday, April 18th

Session A (8:00 am start)

Open Pre-Teen Ballroom Championship (W/T/V/F/Q)

Junior High Syllabus Ballroom (Q)

Open Junior I & II Pre-Champ Ballroom (W/T/Q)

Open Youth Novice Ballroom (W/Q)

Open Youth Pre-Champ Ballroom (W/T/Q)

Open Adult Pre-Champ Ballroom (W/T/Q)

Awards

Session B

Elementary Syllabus Ballroom (W)

High School Syllabus Ballroom (W)

Open Junior I & II Ballroom Championship (W/T/V/F/Q)

Open Youth Ballroom Championship (W/T/V/F/Q)

Open Adult Novice Ballroom (W/Q)

Open Adult Amateur Ballroom Championship (W/T/V/F/Q)

Awards

Session C

Elementary Newcomer Rhythm (Sw)

Junior High Syllabus Latin Rumba (R)

High School Newcomer Rhythm (Sw)

Open Junior Rhythm Championship (C/R/Sw/B/M)

Open Youth Rhythm Championship (CC/R/Sw/B/M)

Open Adult Amateur Rhythm Championship (CC/R/Sw/B/M)

Awards

Lunch Break

Session D

Elementary Syllabus Smooth (F)

Junior High Syllabus Smooth (F)

Open Junior I & II Pre-Champ Smooth (W/T/F)

Open Youth Novice Smooth (W/F)

Open Youth Pre-Champ Smooth (W/T/F)

Open Adult Pre-Champ Smooth (W/T/F)

Awards

Session E

Elementary Syllabus Rhythm (CC)
High School Syllabus Smooth (F)
Open Junior I & II Smooth Championship (W/T/F/V)
Open Youth Smooth Championship (W/T/F/V)
Open Adult Novice Smooth (W/F)
Open Adult Smooth Championship (W/T/F/V)
Awards

Session F

Elementary Syllabus Latin (PD)
Open Pre-Teen Championship Latin (C/S/R/PD/J)
Junior High Newcomer Swing (Sw)
Open Junior I & II Pre-Champ Latin (C/S/R)
Open Youth Pre-Champ Latin (C/S/R)
Open Adult Pre-Champ Latin (C/S/R)
Awards

Dinner Break

Session G

College International Ballroom (W)
Youth/Adult West Coast Swing
College International Latin (S)
Youth Cabaret
Awards

Session H

Extreme Only Youth Gold 1 & 2 Latin Class Events (R)
High School Bonus Syllabus Rhythm (CC)
Open Junior I & II Latin Championships (C/S/R/PD/J)
Open Adult Novice Latin (S/R)
Open Adult Amateur Latin Championships (C/S/R/PD/J)
Awards

Session I

Junior High Bonus Syllabus Rhythm (CC)
High School Syllabus Latin (S)
Open Youth Novice Latin (S/R)
Open Youth Championship Latin (C/S/R/PD/J)
Awards

GOOD NIGHT!