

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!