

GOOD VIBES ONLY

SESSION TIMES



Sterling Heights, Michigan Sunday, May 17th - 2026

Henry Ford II High School Performing Arts Center

Routines will perform in numerical order. Studios have been provided with their routine numbers and estimated performance times.

This is a one-day event, exclusive to Solos, Duo/Trios, and Small Groups.

The competition may run up to 20 minutes ahead of schedule

Doors open at 7:30 am

Performances start at 8:00 am

- 8:00 am - Session 1
- 11:15 am - Session 2
- 2:00 pm - Session 3
- 5:05 pm - Session 4

Graduating 2026 Senior Recognition

- 7:35 pm - Session 5

Last awards for the day - 8:45 pm

**AWARDS PRESENTATIONS TAKE PLACE
AT THE CONCLUSION OF EACH SESSION**

GOOD VIBES



2026

DANCE FORCE
X P R E S S
Michigan's Dance Competition

2026

www.DanceForceXpress.com