

Track Town Throwdown 2026 - Schedule

Friday November 6
6:00pm Check-in begins <i>VMA Ballroom</i>
7:00 - 8:00pm
Open-Level Solo Jazz Workshop LaTasha Barnes
8:00 - 11:00pm
Evening Party Live Music from Stomp Off Party
<i>Instructor Demo Solo Jazz Competition</i>
11:00pm - 1:30am
Late Night Party DJ Nick Davis

Venues:

Veteran's Memorial Association (VMA)
[1626 Willamette St.](#)

Vault Dance Studio
[99 E 17th Ave.](#)

Downtown Athletic Club (DAC)
[999 Willamette St.](#)

5th St. Market Alley
[550 Pearl St.](#)

Viking Brewery Company – West
[520 Commercial St. Unit f](#)

Saturday November 7
10:15am Doors open <i>VMA Ballroom</i>
10:30 - 11:30am
Workshop 1 LaTasha & AJ
Workshop 1 Hannah & Tim
11:45am - 12:45pm
Workshop 2 LaTasha & AJ
Workshop 2 Hannah & Tim
12:00 - 1:00pm lunch
1:15 - 2:15pm
Workshop 3 LaTasha & AJ
Workshop 3 Hannah & Tim
4:00 - 6:00pm <i>5th St. Market Alley</i>
Downtown Party Live Music from Stomp Off Party
8:00 - 9:00pm <i>VMA Studio & Ballroom</i>
Open Level St. Louis Shag Workshop Hannah & Tim
9:00 - 12:00am
Evening Party Live Music from Stomp Off Party
<i>Instructor Demo Lindy Hop Mix & Match Prelims & Finals</i>
12:00am - 2:00am
Late Night Party Live Music from Stomp Off Party
<i>Lindy Hop Strictly Competition</i>

Sunday November 8
10:45am Doors open <i>DAC Studio 1</i>
11:00am - 12:00pm
Workshop 4 LaTasha & AJ
Workshop 4 Hannah & Tim
12:15 - 1:15pm
Workshop 5 LaTasha & AJ
Workshop 5 Hannah & Tim
1:30 - 2:30pm lunch
2:45 - 3:45pm <i>DAC Studio 1</i>
Open-Level House Workshop LaTasha Barnes
5:00 - 8:00pm <i>Viking Brewing West</i>
Swing Jam at Viking Brewing The Fat Dandelions & Friends

More information:

[Code of Conduct](#)

[Venue & Food Map](#)

