





VIRGINIA

2024 VA Men's State Championships Session Schedule

**** NOTE - DAYLIGHT SAVINGS TIME BEGINS SUNDAY, MARCH 10th *****

Awards will be immediately following each session

Session 1 - Level 4 (63 athletes) Above The Bar, Aerial East, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gymstrada, Paragon, Pure, Stafford Royals, Williamsburg, World Class, Youth Sports Session 2 - Level 5 (58 athletes) Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Paragon, Williamsburg, World Class, Youth Sports Session 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, Gerce, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sunday, March 10th	Friday, March 8th		
Above The Bar, Aerial East, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gymstrada, Paragon, Pure, 9:00 AM Competition Session 2 - Level 5 (58 athletes) 12:15 PM Check-in Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Grorce, Gym America, Gymstrada, Paragon, Williamsburg, 1:05 PM Introductions World Class, Youth Sports 1:15 PM Competition Session 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) 4:30 PM Check-in Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, 5:00 PM Open stretch Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, 5:20 PM Introductions Youth Sports 5:30 PM Competition Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports 8:50 AM Introductions Gymstrada, Williamsburg, World Class, Youth Sports 8:50 AM Introductions Session 5 - Level 6, 8, Gold & Platinum (66 athletes) 12:15 PM Check-in Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports 12:15 PM Check-in Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports 1:15 PM Check-in Competition Session 6 - Level 9 & 10 (55 athletes) 4:30 PM Check-in Paragon, Pure, Williamsburg, World Class 5:30 PM Competition Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Paragon, Pure, Williamsburg, World Class, Youth Sports 8:15 AM Open stretch Pure, Williamsburg, World Class, Youth Sports 8:15 AM Open stretch Pure, Williamsburg, World Class, Youth Sports 8:35 AM Introductions Birth Competition 9:00 AM Check-in Pure, Williamsburg, World Class, Youth Sports 8:35 AM Introductions		ΑΙΔ ΩΩ:8	Check-in
Dynamic, G Force, Gym America, Gymstrada, Paragon, Pure, Stafford Royals, Williamsburg, World Class, Youth Sports 12:15 PM Check-in Open stretch G Force, Gym America, Gym Quest, Gymstrada, Paragon, Williamsburg, World Class, Youth Sports 12:15 PM Check-in Open stretch Introductions World Class, Youth Sports 1:05 PM Introductions Competition Session 3 - Level 7 & 8 JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Aprial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, Geroce, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Pure, Williamsburg, World Class, Youth Sports Aerial East, Apollo, Arlington Tigers, Capital, Capi			
Session 2 - Level 5 (58 athletes) Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Gession 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Gession 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, Gession, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, Gession, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Session 7 - Level 3 Division II (51 athletes) Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Introductions Barbara Check-in Ch	Dynamic C Force Cym America Cymetrada Paragon Pyro		
Session 2 - Level 5 (58 athletes) Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Paragon, Williamsburg, World Class, Youth Sports Session 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Apexial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Apexial East, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Asio PM Check-in Check			
Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Paragon, Williamsburg, 1:05 PM Introductions 1:15 PM Competition Session 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, 5:00 PM Open stretch Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, 5:30 PM Competition Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Williamsburg, World Class, Youth Sports Sunday, March 10th	Stallord Royals, Williamsburg, World Class, Touth Sports	9.00 AW	Competition
Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Paragon, Williamsburg, 1:05 PM Introductions 1:15 PM Competition Session 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, 5:00 PM Open stretch Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, 5:30 PM Competition Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Williamsburg, World Class, Youth Sports Sunday, March 10th	Once the O. Lavel E (EO athletes)	40.45 DM	Oh a ala la
G Force, Gym America, Gym Quest, Gymstrada, Paragon, Williamsburg, World Class, Youth Sports Session 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 1:05 PM Introductions 5:00 PM Open stretch Competition Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 1:05 PM Introductions 5:00 PM Open stretch Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports			
World Class, Youth Sports Session 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Cypnamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 1:15 PM Check-in Open stretch 1:05 PM Check-in Competition Check-in Competition Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 1:15 PM Check-in Open stretch 1:2:45 PM Open stretch 1:05 PM Check-in 0:2:45 PM Open stretch 1:05 PM Check-in 0:2:45 PM Open stretch 1:05 PM Check-in 0:2:45 PM Open stretch 1:05 PM Open stretch 1:05 PM Check-in 0:05 PM Open stretch 1:05 PM Open stre			
Session 3 - Level 7 & 8JE/9JE/10JE Technical Sequences (57 athletes) Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 4:30 PM Check-in			
Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sino AM Check-in Competition Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sino AM Check-in Open stretch Sino AM Check-in Open Stretch Sino AM Check-in Sino AM Check-in Open Stretch Open Stretch Sino AM Check-in Open Stretch	World Class, Youth Sports	1:15 PM	Competition
Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sinday, Warch 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports		4.00 514	
Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, 5:30 PM Competition Saturday, March 9th Session 4 - Bronze & Silver (53 athletes) 8:00 AM Check-in Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, 8:50 AM Introductions Gymstrada, Williamsburg, World Class, Youth Sports 8:50 AM Introductions 9:00 AM Competition Session 5 - Level 6, 8, Gold & Platinum (66 athletes) 12:15 PM Check-in Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, 12:45 PM Open stretch Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports 1:05 PM Introductions Competition Session 6 - Level 9 & 10 (55 athletes) 4:30 PM Check-in Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada 5:00 PM Open stretch Paragon, Pure, Williamsburg, World Class 5:30 PM Competition Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Pure, Williamsburg, World Class, Youth Sports 8:35 AM Introductions Pure, Williamsburg, World Class, Youth Sports 8:35 AM Introductions			
Youth Sports Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sign AM Check-in Open stretch Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports Sign AM Introductions Sign AM Check-in Open stretch Introductions Sign AM Check-in Open stretch			
Session 4 - Bronze & Silver (53 athletes) Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 8:00 AM Check-in Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Open stretch Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Open stretch Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Open stretch Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Open stretch Open stretch Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Open stretch			
Session 4 - Bronze & Silver (53 athletes)8:00 AMCheck-inAerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports8:30 AMOpen stretchGymstrada, Williamsburg, World Class, Youth Sports12:15 PMCompetitionSession 5 - Level 6, 8, Gold & Platinum (66 athletes)12:15 PMCheck-inAbove The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports1:05 PMIntroductionsSession 6 - Level 9 & 10 (55 athletes)4:30 PMCheck-inAbove The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada5:00 PMOpen stretchParagon, Pure, Williamsburg, World Class5:20 PMIntroductions5:30 PMCompetitionSession 7 - Level 3 Division II (51 athletes)8:00 AMCheck-inAerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports8:15 AMOpen stretch	·	5:30 PM	Competition
Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 8:35 AM Open stretch Sign Americal East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 8:35 AM Introductions Introductions Sign Americal East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports			
Gymstrada, Williamsburg, World Class, Youth Sports 8:50 AM Introductions 9:00 AM Competition Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports 12:15 PM Open stretch 1:05 PM Introductions 1:15 PM Competition Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 8:00 AM Check-in Open stretch 8:15 AM Open stretch 8:35 AM Introductions		8:00 AM	
Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 9:00 AM Check-in Competition 12:15 PM Check-in 1:05 PM Introductions 5:00 PM Open stretch 5:20 PM Introductions 5:30 PM Competition Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Open stretch Pure, Williamsburg, World Class, Youth Sports	Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World,	8:30 AM	Open stretch
Session 5 - Level 6, 8, Gold & Platinum (66 athletes) Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 12:15 PM Check-in Check-in Open stretch 5:00 PM Open stretch 5:20 PM Introductions 5:30 PM Competition Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) 8:00 AM Check-in Open stretch 8:15 AM Open stretch Introductions Runday, Williamsburg, World Class, Youth Sports	Gymstrada, Williamsburg, World Class, Youth Sports	8:50 AM	Introductions
Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports 1:05 PM Introductions 1:15 PM Competition Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 1:245 PM Open stretch 1:05 PM Introductions 5:00 PM Open stretch 5:20 PM Introductions 5:30 PM Competition 8:00 AM Check-in Open stretch 8:35 AM Introductions		9:00 AM	Competition
Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports 1:05 PM Introductions 1:15 PM Competition Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 1:245 PM Open stretch 1:05 PM Check-in 5:00 PM Open stretch 5:20 PM Introductions 5:30 PM Competition 8:00 AM Check-in 8:15 AM Open stretch 1:05 PM Open stretch 1:05 PM Competition			
Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports 1:05 PM Introductions 1:15 PM Competition Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class 5:00 PM Open stretch 5:20 PM Introductions 5:30 PM Competition Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 1:05 PM Introductions 5:00 PM Open stretch 6:20 PM Introductions 6:30 PM Competition 8:00 AM Check-in 8:15 AM Open stretch 8:35 AM Introductions	Session 5 - Level 6, 8, Gold & Platinum (66 athletes)	12:15 PM	Check-in
Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 1:15 PM Competition 4:30 PM Open stretch Introductions 5:20 PM Competition 8:00 AM Check-in Open stretch 8:15 AM Open stretch Introductions	Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force,	12:45 PM	Open stretch
Session 6 - Level 9 & 10 (55 athletes) Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada Paragon, Pure, Williamsburg, World Class Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 4:30 PM Check-in 5:00 PM Open stretch 5:30 PM Competition 8:00 AM Check-in 8:15 AM Open stretch 8:35 AM Introductions	Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports	1:05 PM	Introductions
Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada 5:00 PM Open stretch 5:20 PM Introductions 5:30 PM Competition Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 5:00 PM Open stretch 5:20 PM Introductions 6:00 AM Check-in 8:00 AM Open stretch 8:15 AM Open stretch 8:35 AM Introductions		1:15 PM	Competition
Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada 5:00 PM Open stretch 5:20 PM Introductions 5:30 PM Competition Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 5:00 PM Open stretch 5:20 PM Introductions 6:00 AM Check-in 8:00 AM Open stretch 8:15 AM Open stretch 8:35 AM Introductions			
Above The Bar, Apex, Arlington Tigers, Capital, Classics, Dynamic, Gymstrada 5:00 PM Open stretch 5:20 PM Introductions 5:30 PM Competition Sunday, March 10th Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 5:00 PM Open stretch 5:20 PM Introductions 6:00 PM Open stretch 5:20 PM Open stretch 6:30 PM Ope	Session 6 - Level 9 & 10 (55 athletes)	4:30 PM	Check-in
Paragon, Pure, Williamsburg, World Class 5:20 PM		5:00 PM	Open stretch
Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 5:30 PM Competition 8:00 AM Check-in 9:15 AM Open stretch 10:17 AB Open Stretch 10:18 AB Op		5:20 PM	Introductions
Session 7 - Level 3 Division II (51 athletes) Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 8:00 AM Check-in Open stretch 8:15 AM Introductions	3		Competition
Session 7 - Level 3 Division II (51 athletes)8:00 AMCheck-inAerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon,8:15 AMOpen stretchPure, Williamsburg, World Class, Youth Sports8:35 AMIntroductions	Sunday, March 10th		•
Aerial East, Apollo, Arlington Tigers, Dynamic, G Force, Gym Quest, Paragon, Pure, Williamsburg, World Class, Youth Sports 8:15 AM Open stretch 8:35 AM Introductions		8:00 AM	Check-in
Pure, Williamsburg, World Class, Youth Sports 8:35 AM Introductions			
· · · · · · · · · · · · · · · · · · ·			
3.1674M Competition	Tare, Trimaniesary, World Oldoo, Toddi Oporto		
		3. 10 / 11/1	Composition
Session 8 - Level 3 Division I (55 athletes) 11:45 AM Check-in	Session 8 - Level 3 Division I (55 athletes)	11:45 ΔΜ	Check-in
Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, 12:00 PM Open stretch			
Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, World Class 12:20 PM Introductions			•
12:30 PM Competition	Cym Quest, Cymstiaua, Faragon, Stanoru Noyais, Williamsburg, World Class		
12.50 Fivi Competition		12.50 F W	Compendon

The VA Men's Gymnastics Board and Pure Gymnastics would sincerely appreciate any available and able coaches' help with equipment takedown following the final session