



# USA Gymnastics VIRGINIA



## 2024 VA Men's State Championships Session Schedule

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

Awards will be immediately following each session

### Friday, March 8th

<b>Session 1 - Level 4 (63 athletes)</b>	8:00 AM	Check-in
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	8:30 AM	Open stretch
	8:50 AM	Introductions
	9:00 AM	Competition

<b>Session 2 - Level 5 (58 athletes)</b>	12:15 PM	Check-in
Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Paragon, Williamsburg, World Class, Youth Sports	12:45 PM	Open stretch
	1:05 PM	Introductions
	1:15 PM	Competition

<b>Session 3 - Level 7 &amp; 8JE/9JE/10JE Technical Sequences (57 athletes)</b>	4:30 PM	Check-in
Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, Youth Sports	5:00 PM	Open stretch
	5:20 PM	Introductions
	5:30 PM	Competition

### Saturday, March 9th

<b>Session 4 - Bronze &amp; Silver (53 athletes)</b>	8:00 AM	Check-in
Aerial East, Apex, Arlington Tigers, G Force, Gym Quest, Gymnastics World, Gymstrada, Williamsburg, World Class, Youth Sports	8:30 AM	Open stretch
	8:50 AM	Introductions
	9:00 AM	Competition

<b>Session 5 - Level 6, 8, Gold &amp; Platinum (66 athletes)</b>	12:15 PM	Check-in
Above The Bar, Aerial East, Apollo, Arlington Tigers, Capital, G Force, Gymstrada, Stafford Royals, Williamsburg, World Class, Youth Sports	12:45 PM	Open stretch
	1:05 PM	Introductions
	1:15 PM	Competition

<b>Session 6 - Level 9 &amp; 10 (55 athletes)</b>	4:30 PM	Check-in
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

<b>Session 7 - Level 3 Division II (51 athletes)</b>	8:00 AM	Check-in
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
	8:45 AM	Competition

<b>Session 8 - Level 3 Division I (55 athletes)</b>	11:45 AM	Check-in
Above The Bar, Apex, Apollo, Arlington Tigers, Capital, Classics, Dynamic, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, World Class	12:00 PM	Open stretch
	12:20 PM	Introductions
	12:30 PM	Competition

*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*

*Live scoring will be available at  
MeetScoresOnline.com and myUSAGym.com*