



DEAR VIRGINIA MEN'S GYMNASTICS,

We are excited once again to be hosting the Virginia Men's Gymnastics State Championships in Lynchburg. All levels and Club will be combined into one Championship meet. We are providing a tentative schedule early to help with family schedules. If the numbers change significantly between now and the drop date for the Championships then the schedule will need to be adjusted. It is our hope to have all of those athletes who have the ability to qualify to Regional Championships and Region State Team Championships to compete in the first two days of the championships, thus allowing us to obtain and submit all pertinent information to the Region as quickly as possible. We are working on creating a fantastic championship for all of our athletes this season and will provide information as it becomes available. If you have any questions please email us at vamensgymnastics@gmail.com.

2024-2025 VIRGINIA STATE CHAMPIONSHIPS LEVEL 3-10, JR ELITE & CLUB: BRONZE, SILVER, GOLD AND PLATINUM

**DATES:**

March 7-9, 2025

**LOCATION:**

Liberty University, Lynchburg, VA

**HOSTED BY:**

Pure Gymnastics

**FEES:**

\$135 (All levels except Tech)

\$160 (Technical sequence athletes, Level 8, 9, & 10)

Postmarked by January 17, 2025 (Late Fee of \$25 per athlete will be assessed if postmarked after 1/17/25)

**REGISTRATION:**

OPENS October 25, 2024

DEADLINE January 15, 2025

**LEVEL/DIVISION CHANGE DEADLINE:**

January 15, 2025

**SCRATCH DEADLINE:**

February 1, 2025

TENTATIVE SCHEDULE (TIMES WILL BE UPDATED AFTER SCRATCH DEADLINE)

**FRIDAY, MARCH 7****Session 1 (Morning):**

Gold and Platinum

Session 2 (Mid-Day):

Level 5 division 1&2, and Technical Sequences (Level 8, 9 and 10)

Session 3 (Evening):

Level 7

**SATURDAY, MARCH 8****Session 4 (Morning):**

Bronze and Silver

Session 5 (Mid-Day):

Level 6 division 1, 6 Elite and Level 8JN and JE

TENTATIVE STATE LUNCH/ MEETING

(A Representative from all Gyms is required to Attend)

Session 6 (Evening):

Level 9JN and 9JE
Level 10JN and 10JE

**SUNDAY, MARCH 9****Session 7 (Morning):**

Level 3 division 1

Session 8 (Mid-Day):

Level 3 division 2
Level 4 division 2

Session 9 (Evening):

Level 4 division 1

The above schedule is based on the number of registered athletes in Virginia as of October 25, 2024. Adjustments will be made and specific times will be added to schedule after February 1, 2025 when we have the final numbers.

HOW TO REGISTER:

1. All Registrations MUST be made through the USAG MRS.
2. Print a copy of your team's USAG MRS registration (Do Not export to an Excel file, just print the screen - it contains all of the gym information.)
3. Send the MRS copy and One check per gym for the total amount made out to: VA Men's Gymnastics.

Do not send a customized registration form - Too often there are discrepancies between those forms and what was registered in USAG.

WHERE TO SEND:

Brett Lydon, Williamsburg Gymnastics, 144-A Tewing Rd., Williamsburg, VA 23188

QUALIFYING PROCEDURES:

In an effort to provide all of the Virginia Men's Gymnastics Athletes the opportunity to compete in a Championship meet the qualification for the Virginia State Championships will be to have competed in at least one "in-State" invitational at the level and division in which he will compete at State Championships (not an "In-House" event). The qualifying event may occur after the deadline for entry into the State Championships. Regional qualification (level 3-10 and JE) will likely be an allotment similar to last year.

Elite athletes (all Level 8, 9 and 10 Elites) will have to qualify to Regional Championships via the Technical sequence session and receive a minimum score of 36.0. Level 6 Elites will compete their JE routine in the Level 6 session.

Additional reminder, Club Platinum will not advance to Regional Championships. The VA Men's Gymnastics Elite Team qualification will be updated and posted as soon as our state athlete numbers are finalized.

SENIOR RECOGNITION:

Gyms and Coaches, Please send out the following information to, and have your senior athletes's parents fill out the Senior Recognition form on the VA Men's Gymnastics website under the Forms tab: <http://vamensgymnastics.com/forms/> by January 15, 2025. Also, please have them provide a picture of the athlete by sending the picture, the athletes name and competitive gym's name to vamensgymnastics@gmail.com also by January 15, 2025. This will enable the State to purchase the seniors a gift and create a slide show that will celebrate our Seniors and their accomplishments. Virginia Men's Gymnastics is proud of our athletes.

RECOMMENDED HOTELS (NO BLOCK RATES AVAILABLE):

The Virginian Hotel (downtown) 712 Church St, Lynchburg, VA 24504

Hilton Garden Inn (close to campus) 4025 Wards Rd, Lynchburg, VA 24502

Holiday Inn Express (close to campus) 5600 Seminole Dr, Lynchburg, VA 24502

Fairfield Inn & Suites by Marriott Lynchburg Liberty University 3777 Candler's Mountain Rd, Lynchburg, VA 24502

REGION 7 CHAMPIONSHIP:

Date: TBD

Location: TBD

REGIONAL STATE TEAM:

Qualification TBA

Date: TBA



THANK YOU,

BRETT LYDON AND THE VIRGINIA MEN'S GYMNASTICS STATE BOARD

Tons of info on this website, downtown has really been worked over with great restaurants and plenty to do!

<https://www.lynchburgvirginia.org/>