



MEN'S GYMNASTICS STATE CHAMPIONSHIPS

2025 ★ HOSTED BY PURE GYMNASTICS

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 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



ADMISSION:

10yr up \$15 per day | 5-9yr old: \$5 per day | Active Military: \$10 per day
Cash or credit card accepted

SCHEDULE



FRIDAY, MARCH 7

Session 1: Gold and Platinum

8:30am - Registration
9:00am - Open Stretch
11:30am - Awards

Session 2: Level 5d1, Level 5d2 Tech Level 8JE, 9JE, 10JE JR, 10JE SR

12:00pm - Registration
12:30pm - Open Stretch
3:30pm - Awards (No Tech)

Session 3: Level 7

4:00pm - Registration
4:30pm - Open Stretch
7:30pm - Awards



SATURDAY, MARCH 8

Session 4: Bronze and Silver

8:00am - Registration
8:30am - Open Stretch
10:30am - Awards

Session 5: Level 8 JN and JE Level 6d1, Level 6JE

11:00am - Registration
11:30am - Open Stretch
2:30pm - Awards

STATE LUNCH/ MEETING
2:30 - 4:00PM
(A representative from all gyms
is required to attend)

Session 6: Level 9 JN & JE

**Level 10 JN JR, 10 JN SR,
10 JE JR, 10 JE SR**
3:30pm - Registration
4:00pm - Open Stretch
9:00pm - Awards



SUNDAY, MARCH 9

Session 7: Level 3d1

8:00am - Registration
8:30am - Open Stretch
11:30am - Award

Session 8: Level 3d2 and Level 4d2

12:00pm - Registration
12:30pm - Open Stretch
3:30pm - Awards

Session 9: Level 4d1

4:00pm - Registration
4:30pm - Open Stretch
7:30pm - Awards

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:

The Senior Recognition will take place at 8:30pm within Session 6.

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

2025 REGION IV MEN'S CHAMPIONSHIP:

Date: April 3 - 6, 2025

Location: Duluth, GA

REGIONALS PRELIMINARY INFORMATION:

For Gym/Coaches information: [Click here](#)

For Parent information: [Click here](#)

VA ELITE AND REGION ELITE TEAM QUALIFICATION:

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/>