



**MEN'S GYMNASTICS
STATE CHAMPIONSHIPS**
2025 ★ HOSTED BY PURE GYMNASTICS

Session Schedule

******* NOTE - DAYLIGHT SAVINGS TIME BEGINS SUNDAY, MARCH 9th *******

Awards will be immediately following each session

Friday, March 7th

Session 1 - Gold & Platinum (47)	8:30 AM	Registration
Aerial East, Apex, Arlington Tigers, G Force, Gymnastics World, Gymstrada, Stafford Royals, TWA, Williamsburg, Youth Sports	9:00 AM	Open stretch
	9:20 AM	Introductions
	9:30 AM	Competition
	11:30 AM	Awards

Session 2 - Level 5D1, 5D2; Tech Lvl 8JE, 9JE, 10JE-JR & 10JE-SR (56)	12:00 PM	Registration
Above The Bar, Aerial East, Apex, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gymstrada, Williamsburg, World Class	12:30 PM	Open stretch
	12:50 PM	Introductions
	1:00 PM	Competition
	3:30 PM	Awards (no TECH)

Session 3 - Level 7 (60)	4:00 PM	Registration
Above The Bar, Apex, Arlington Tigers, Classics, Dynamic, G Force, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, World Class, Youth Sports	4:30 PM	Open stretch
	4:50 PM	Introductions
	5:00 PM	Competition
	7:30 PM	Awards

Saturday, March 8th

Session 4 - Bronze & Silver (56)	8:00 AM	Registration
Aerial East, Apex, G Force, Gymnastics World, Stafford Royals, TWA, Williamsburg, World Class, Youth Sports	8:30 AM	Open stretch
	8:50 AM	Introductions
	9:00 AM	Competition
	10:30 AM	Awards

Session 5 - Level 6D1, 6JE, 8JN & 8JE (20) (3 judges)	11:00 AM	Registration
Above The Bar, Aerial East, Arlington Tigers, Capital, Dynamic, G Force, Gymstrada, Williamsburg	11:30 AM	Open stretch
	11:50 AM	Introductions
	12:00 PM	Competition
	2:30 PM	Awards

State Meeting / Lunch (2:30 - 4:00 PM)

Session 6 - Level 9JN, 9JE, 10JN-JR, 10JN-SR, 10JE-JR & 10JE-SR (61)	3:30 PM	Registration
Above The Bar, Apex, Arlington Tigers, Capital, Dynamic, Gym Quest, Gymstrada, Paragon, Pure, Williamsburg, World Class	4:00 PM	Open stretch
	4:20 PM	Introductions
	4:30 PM	Competition
	9:00 PM	Awards

Sunday, March 9th

Session 7 - Level 3D1 (64)	8:00 AM	Registration
Above The Bar, Arlington Tigers, Capital, Classics, Dynamic, Fairfax, Gymstrada, Paragon, Pure, Williamsburg, World Class, Youth Sports	8:30 AM	Open stretch
	8:50 AM	Introductions
	9:00 AM	Competition
	11:30 AM	Awards

Session 8 - Level 3D2 & 4D2 (52)	12:00 PM	Registration
Aerial East, Arlington Tigers, Dynamic, G Force, Gym America, Gym Quest, Paragon, Williamsburg, World Class	12:30 PM	Open stretch
	12:50 PM	Introductions
	1:00 PM	Competition
	3:30 PM	Awards

Session 9 - Level 4D1 (50)	4:00 PM	Registration
Above The Bar, Aerial East, Apex, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Paragon, Pure, Williamsburg, World Class	4:30 PM	Open stretch
	4:50 PM	Introductions
	5:00 PM	Competition
	7:30 PM	Awards

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*