



DEAR VIRGINIA MEN'S GYMNASTICS,

We are excited once again to be hosting the Virginia Men's Gymnastics State Championships in Lynchburg. However, due to circumstances beyond our control we have had to change our venue. The competition site will be at VES, a private school with a wonderful facility equal or better than the facility that we have used for the past four years. State Championships will be hosted by Pure Gymnastics. We are working on creating a fantastic championship for all of our athletes this season and will provide information as it becomes available. Each year provides its own unique challenges and we appreciate your understanding regarding the venue change. If you have any questions please email us at vamensgymnastics@gmail.com.

2025-2026 VIRGINIA STATE CHAMPIONSHIPS LEVEL 3-10, JR ELITE & CLUB: BRONZE, SILVER, GOLD AND PLATINUM



DATES:

March 6-8, 2026



LOCATION:

Van Every Athletic Center
400 V.E.S. Rd, Lynchburg, VA 24503



GATE FEES:

\$15/ages 10 and up, \$25/ages 10 and up
Weekend Pass (cash or credit card)



**CHECK OUT PURE
RETAIL ITEMS FOR SALE!**

SCHEDULE ALL SESSIONS WILL USE A MODIFIED CAPITAL CUP FORMAT "WARM-UP COMPETE"

FRIDAY, MARCH 6

SESSION 1:

Technical Sequence: Level 8JE,
9JE, 10JEJR, 10JESR and
Level 6JE and 6D1
2:00pm Registration
2:20pm Stretch
4:30pm Awards

SESSION 2:

Level 7
Platinum
5:00pm Registration
5:20pm Stretch
9:15pm Awards

SATURDAY, MARCH 7

SESSION 3:

Level 4D1 and 4D2
8:00am Registration
8:20pm Stretch | 11:30am Awards

SESSION 4:

Level 5D1 and 5D2
Gold
11:45am Registration
12:15pm Stretch | 3:45pm Awards

SESSION 5:

Level 8JN and Level 8JE
Level 9JN and Level 9JE
Level 10JN JR and Level 10 JE JR
Level 10JN SR and Level 10 JE SR
4:15pm Registration
4:45pm Stretch | 9:15pm Awards

SUNDAY, MARCH 8

*****DAYLIGHT SAVINGS
REMEMBER TO SET YOUR
CLOCKS AHEAD ONE HOUR*****

SESSION 6:

Level 3D1 and 3D2
8:00am Registration
8:20am Stretch
12:45pm Awards

SESSION 7:

Bronze
Silver
1:15pm Registration
1:30pm Stretch
4:30pm Awards

The above schedule is based on the number of registered athletes in Virginia as of October 25, 2025. Adjustments will be made and specific times will be added to schedule after February 1, 2026 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. We need all of this information...see the State Handbook appendix for additional 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 be an allotment. 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 42.0. Level 6 Elites will compete their JE routine in the Level 6 session. 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 athlete'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, 2026. 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, 2026. 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

Other hotels available by searching near the event.

REGION 4 CHAMPIONSHIP:

Date: March 26-29, 2026

Location: Atlanta, GA

CLICK FOR
MORE INFO



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/>