



Session Schedule

***** **NOTE - DAYLIGHT SAVINGS TIME BEGINS SUNDAY, MARCH 8th** *****

Awards will be immediately following each session

Friday, March 6th

Session 1 - Level 6D1, 6JE; Tech Lvl 8JE, 9JE, 10JE-JR & 10JE-SR (33)	2:00 PM	Registration
Above The Bar, Aerial East, Arlington Tigers, Capital (3 squads), Dynamic, Gymstrada, Williamsburg	2:20 PM	Open stretch
	2:50 PM	Introductions
	3:00 PM	Competition
	4:30 PM	Awards (6D1,6JE)

Session 2 - Level 7 & Platinum (79)	5:00 PM	Registration
Aerial East, Apex, Arlington Tigers, Classics, Dynamic, G Force, Gym Quest, Gymstrada, Paragon, Stafford Royals, Williamsburg, World Class, Youth Sports	5:20 PM	Open stretch
	5:40 PM	Introductions
	5:45 PM	Competition
	9:15 PM	Awards

Saturday, March 7th

Session 3 - Level 4D1 & 4D2 (63)	8:00 AM	Registration
Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Paragon, Williamsburg, World Class	8:20 AM	Open stretch
	8:40 AM	Introductions
	8:45 AM	Competition
	11:30 AM	Awards

Session 4 - Level 5D1, 5D2 & Gold (65)	11:45 AM	Registration
Above The Bar, Aerial East, Apex, Arlington Tigers, Capital, Dynamic, G Force, Gym America, Gym Quest, Gymstrada, Pure, TWA, Williamsburg, World Class, Youth Sports	12:15 PM	Open stretch
	12:40 PM	Introductions
	12:45 PM	Competition
	3:45 PM	Awards

Session 5 - Level 8JN, 8JE, 9JN, 9JE, 10JN-JR, 10JN-SR, 10JE-JR & 10JE-SR (67)	4:15 PM	Registration
Above The Bar, Aerial East, Apex, Arlington Tigers, Capital (2 squads), Dynamic, G Force, Gym Quest, Gymstrada, Pure, Williamsburg, World Class	4:45 PM	Open stretch
	5:10 PM	Introductions
	5:15 PM	Competition
	8:30 PM	Competition Concludes
	8:45 PM	Senior Recognition
	9:15 PM	Awards

Sunday, March 8th

Session 6 - Level 3D1 & 3D2 (85)	8:00 AM	Registration
Above The Bar, Aerial East, Arlington Tigers, Capital, Classics, Dynamic, G Force, Gym America, Gymstrada, Paragon, Pure, Williamsburg, World Class, YMCA Saints, Youth Sports	8:20 AM	Open stretch
	8:40 AM	Introductions
	8:45 AM	Competition
	12:45 PM	Awards

Session 7 - Bronze & Silver (52)	1:15 PM	Registration
Aerial East, Apex, Arlington Tigers, G Force (2 squads), Gym Quest, Gymnastics World, TWA, Williamsburg, World Class, Youth Sports	1:30 PM	Open stretch
	1:55 PM	Introductions
	2:00 PM	Competition
	4:30 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, ScoreCatOnline.com and the ScoreCat mobile app*