



MEN'S STATE CHAMPIONSHIPS

HOSTED BY ARLINGTON TIGERS

LEVEL 3 BRONZE, SILVER AND GOLD STATE CHAMPIONSHIPS

**DATE:**

Saturday April 15, 2023

**LOCATION:**

Barcroft Sports & Fitness Center
4200 South Four Mile Run Drive,
Arlington, VA 22006

Parking is available in the parking lot directly in front of the building, the three level parking structure and additional parking is available on the street.

**HOSTED BY:**

Arlington Tigers

**CONSESSIONS:**

The Arlington Tigers Parents Association will be selling coffee, concessions, good luck grams. Cash is preferred. Credit Cards are accepted (with a minimal processing fee).

**ATHLETE SHOUT OUTS:**

may be purchased by visiting
Prices begin at \$50.00 for 1/8 page to \$100 for a full page in the digital program.

arlington-tigers-parents-association.square.site/

**SPECTATOR FEES::**

Ages 6+

\$10.00 for one day

\$15 for the weekend

Ages 65+

\$5.00 for one day

\$10 for the weekend

NEARBY ATTRACTIONS

Located nearby is the Village of Shirlington with close to 20 restaurants and shops to include grocery store Harris Teeter and a movie theater.

villageatshirlington.com

Also near the gym, within a 5 minute drive, are popular chain restaurants from the Olive Garden, Five Guy's, LongHorn Steakhouse, District Taco, Panera, and more.

Arlington Gymnastics is a short drive to Washington, DC and the National Mall and Memorial Parks. An interesting event that occurs this time of year in Northern Virginia is the 2023 Festival of Spring at Burnside Farms. Picture yourself walking through 15 acres of tulip fields.

www.burnsidefarms.com

**Nokesville Farm, 11008 Kettle Run Rd.
Nokesville, VA 20181.**

HOTELS

**Hampton Inn
Alexandria/Pentagon
South, VA**

4800 Leesburg Pike,
Alexandria, VA 22302

**Homewood Suites
by Hilton,
Alexandria/Pentagon
South, VA**

4850 Leesburg Pike,
Alexandria, VA 22302

**Hilton Garden Inn
Arlington Shirlington**
4850 Leesburg Pike,
Alexandria, VA 22302

**Courtyard by Marriott
Alexandria Pentagon
South**

4641 Kenmore Ave,
Alexandria, VA 22304



<https://www.arlingtontigersboysgymnastics.org/virginia-state-championships-2018>

SESSION 1 | LEVEL 3D2 & BRONZE (MODIFIED CAPITAL CUP FORMAT) **65 ATHLETES**

REGISTRATION	OPEN STRETCH	COACHES MEETING	MARCH-IN/ ANNOUNCEMENTS	WARM UP/ COMPETE
7:45AM	8:00AM	8:10AM	8:20AM	8:30AM

****Awards immediately following*

SESSION 2 | LEVEL 3 D1 (MODIFIED CAPITAL CUP FORMAT) **49 ATHLETES**

REGISTRATION	OPEN STRETCH	COACHES MEETING	MARCH-IN/ ANNOUNCEMENTS	WARM UP/ COMPETE
12:30PM	12:45PM	12:55PM	1:05PM	1:15PM

****Awards immediately following*

SESSION 3 | CLUB SILVER & GOLD (MODIFIED CAPITAL CUP FORMAT) **49 ATHLETES**

REGISTRATION	OPEN STRETCH	COACHES MEETING	MARCH-IN/ ANNOUNCEMENTS	WARM UP/ COMPETE
4:30PM	4:45PM	4:55PM	5:05PM	5:15PM

****Awards immediately following*



THANK YOU,
BRETT LYDON AND THE VIRGINIA MEN'S GYMNASTICS STATE BOARD