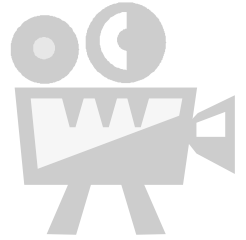


LEVEL 4 VA STATE GYMNASTICS CHAMPIONSHIPS
MAY 16TH & 17TH 2009
BOO WILLIAMS SPORTS COMPLEX - HAMPTON, VA
HOSTED BY: WORLD CLASS GYMNASTICS



SESSION TIMES

Saturday, May 16th 2009 - Level 4 State Meet Sessions

Session 1: Ages 6yrs, 7yrs and 7-1/2yrs - Total 76 gymnasts

8:00am - Open Stretch
8:20am - March In
8:30am - Warm Up/Compete
10:45am - Awards

Session 2: Ages 11yrs, 11-1/2yrs and 12yrs - Total 79 gymnasts

11:00am - Open Stretch
11:20am - March In
11:30am - Warm Up/Compete
1:45pm - Awards

Session 3: Ages 9yrs and 9-1/4yrs - Total 72 gymnasts

2:00pm - Open Stretch
2:20pm - March In
2:30pm - Warm Up/Compete
4:30pm - Awards

Session 4: Ages - 9-1/2yrs and 9-3/4yrs - Total 72 gymnasts

4:45pm - Open Stretch
5:05pm - March In
5:15pm - Warm Up/Compete
7:30pm - Awards



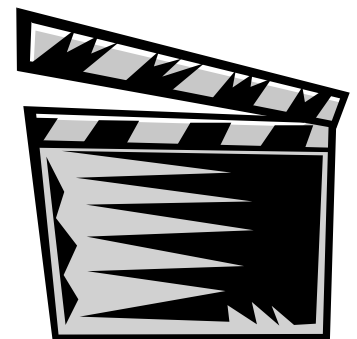
Sunday, May 17th 2009 - Level 4 State Meet Sessions

Session 5: Ages - 10yrs, 10-1/3yrs, 13yrs and 14yrs & up- Total 92 gymnasts

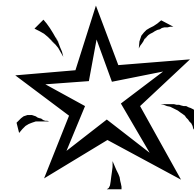
8:00am - Open Stretch
8:20am - March In
8:30am - Warm Up/Compete
11:45am - Awards

Session 6: Ages - 10-2/3yrs and 8yrs - Total 76 gymnasts

12:00pm - Open Stretch
12:20pm - March In
12:30pm - Warm Up/Compete
2:45pm - Awards



Sessions Cont'd on Next Page



Session 7: Ages - 8-1/3yrs and 8-2/3yrs - Total 80 gymnasts

3:00pm - Open Stretch

3:20pm - March In

3:30pm - Warm Up/Compete

5:45pm - Awards

*Level 4 Team Awards will follow Individual Awards in the final session of L4's on Sunday.

go to www.vausag.com for updates & results

