



VAUSAG 2nd Level 4 & 5 Multisectional

January 28 and 29, 2012

Hosted by World Class Gymnastics

343 Bell King Rd, Newport News, VA 23606 (757) 881-9920

Session 1:

Saturday, January 28, 2012

Registration: 7:30-7:50 Open Stretch: 8:00 Timed Warm up: 8:20 Awards 11:35

Level 4: Paragon (2 coaches needed), Stafford, Williamsburg, Gymnastics World, Novaks

Level 5: Richmond Olympiad (3 coaches needed), Youth Sports (2 coaches needed)

Session 2:

Registration: 12:10-12:25 Open Stretch: 12:30 Timed Warm Up: 12:50 Awards: 4:05

Level 4: GMS (2 coaches needed), Richmond Olympiad (2 coaches needed) Youth Sports

Level 5: Apollo (2 coaches needed), Capital (2 coaches needed), Novaks

Session 3:

Registration: 4:40-4:55 Open Stretch: 5:00 Timed Warm Up: 5:20 Awards: 8:35

Level 4: Apollo (2 coaches needed), Capital (2 coaches needed), Dulles

Level 5: GMS (2 coaches needed), Paragon (2 coaches needed), Williamsburg, Stafford

Session 4:

Sunday, January 29, 2012

Registration: 7:30-7:50 Open Stretch: 8:00 Timed Warm up: 8:20 Awards 11:35

Level 4: POGA, Gymquest, Arlington Aerials (2 coaches needed), Windsor, All American, Loudoun

Level 5: River City, Elite, Chantilly, Cardinal, Dulles, Competitive Edge, King George

Session 5:

Registration: 12:10-12:25 Open Stretch: 12:30 Timed Warm Up: 12:50 Awards: 4:05

Level 4: Hurricanes, Roanoke, Classics, Cardinal (2 coaches needed), Competitive Edge, Elite, River City, Chantilly

Level 5: POGA, Roanoke, Classics, Arlington Aerials, Triple T, Flipateers, Gym Inc, Windsor, King George

Session 6:

Registration: 4:40-4:55 Open Stretch: 5:00 Timed Warm Up: 5:20 Awards: 8:35

Level 4: Gym Inc, Flipateers, World Class (3 coaches needed), Triple T

Level 5: Hurricanes, World Class (2 coaches needed)

Rosters will be sent to the primary gym contact the week before the meet. Also at that time, gyms that have gymnasts in multiple squads will be able to assign the gymnasts to each squad in advance. More information will be sent after 1/23/2012.

Please notice the meet is held at our NEW facility. Directions are on www.vausag.com and www.worldclassgym.com.