



4TH LEVEL 4 & 5 MULTI SECTIONAL APRIL 16 & 17, 2011

General Information

*Please refer to VAUSAG State Handbook at www.vausag.com for specific information.
Future information will be posted at vigsgymnastics.com and vausag.com*

Posted March 29, 2011

SESSION TIMES AND REQUIRED COACHES LISTED ON THE CHART BELOW.

- All sessions are “modified Capital Cup” format.
- The purpose of the Sectional Meet is to qualify to State Championships.
- Athletes will receive individual event achievement ribbons after each routine.
- All athletes receive a Virginia Sectional All-Around medal after each session, based on the following All-Around totals:

Blue ribbon medal	36.00 A.A. & above
Red ribbon medal	35.975 – 33.500 A.A.
White ribbon medal	33.475 A.A. & below
- Qualifying scores to State Meet:

Level 4 is	33.00 A.A.
Level 5 is	32.50 A.A.
- Coaches must present current and valid USA Gymnastics pro membership, safety certification and background check to be permitted in competition areas.
- Entry of qualifying athletes to their respective State Meets must be made at the conclusion of each team’s last session. See State Meet Packet in State Handbook for details. You must come prepared with a Gym or Parents Club check payable to VAUSAG to enter State Meet. We will provide the State entry form.

Virginia International Gymnastics Schools, Inc.
2400 Oak Lake Blvd., Midlothian, VA 23112
804-276-7039

Refer to VAUSAG State Handbook at vausag.com for State and Sectional Guidelines.

2011 4TH LEVEL 4/5 SECTIONAL TIMES AND COACHES NEEDED Hosted by Virginia International Gymnastics Inc.

	Session I SAT 4/16/11	Session II SAT 4/16/11	Session III SAT 4/16/11	Session IV SUN 4/17/11	Session V SUN 4/17/11
	Open stretch 8 a.m.	Open Stretch 12:30 p.m.	Open stretch 4:40 p.m.	Open Stretch 8 a.m.	Open Stretch 12:00 p.m.
	Awards 11:30 a.m.	Awards 3:40 p.m.	Awards 7:30 p.m.	Awards 11:00 a.m.	Awards 3:30 p.m.
TEAMS	LEVEL 5	LEVEL 4	LEVEL 4	LEVEL 4	LEVEL 5
ALL AMERICAN	2 Athletes / 1 Coach				
BLUE RIDGE	4 Athletes / 1 Coach	6 Athletes / 1 coach			
FLUVANNA FLYERS	3 Athletes / 1 Coach				
FULL FORCE	3 Athletes / 1 Coach	1 Athlete / 1 Coach			
GYMNASTICS INC.	1 Athlete / 1 Coach	7 Athletes / 1 Coach			
GMS	17 Athletes / 2 Coaches	17 Athletes / 2 Coaches			
KING GEORGE PATRIOTS	2 Athletes / 1 Coach				
LOUDON	2 Athletes / 1 Coach	5 Athletes / 1 Coach			
MOUNTAIN EMPIRE	2 Athletes / 1 Coach	4 Athletes / Coach			
OLYMPIAD	3 Athletes / 1 Coach	3 Athletes / Coach			
POGA	7 Athletes / 1 Coach		7 Athletes / 1 Coach		
ROYALS	4 Athletes / 1 Coach	2 Athletes / 1 Coach			
TRIPLE T	4 Athletes / 1 Coach				
WORLD CLASS	6 Athletes / 1 Coach		33 Athletes / 4 Coaches		
WISC	3 Athletes / 1 Coach				
VIGS	9 Athletes / 1 Coach		15 Athletes / 2 Coaches		
YOUTH SPORTS	6 Athletes / 1 Coach	11 Athletes / 1 Coach			
EXCALIBUR		8 Athletes / 1 Coach			6 Athletes / 1 Coach
FAIRFAX		2 Athletes / 1 Coach			
SHENANDOAH		9 Athletes / 1 Coach			
VA. TECHNIQUES		1 Athlete / 1 Coach			
APOLLO			1 Athletes / 1 Coach		
AERIAL EAST			2 Athletes / 1 Coach		
ARLINGTON AERIALS			3 Athletes / 1 Coach		
FLIPATEERS			3 Athletes / 1 Coach		
GYMNASTICS WORLD			2 Athletes / 1 Coach		
CAPITAL				2 Athletes / 1 Coach	2 Athletes / 1 Coach
CARDINAL				21 Athletes / 3 Coaches	12 Athletes / 2 Coaches
CHANTILLY				21 Athletes / 3 Coaches	12 Athletes / 2 Coaches
GEMS				3 Athletes / 1 Coach	4 Athletes / 1 Coach
GYM QUEST				1 Athlete / 1 Coach	2 Athletes / 1 Coach
HURRICANE				1 Athlete / 1 Coach	4 Athletes / 1 Coach
MECKLENBURG YMCA				1 Athlete / 1 Coach	1 Athlete / 1 Coach
NVGA				1 Athlete / 1 Coach	2 Athletes / 1 Coach
RIVER CITY				1 Athlete / 1 Coach	
WINDSOR				2 Athletes / 1 Coach	1 Athlete / 1 Coach
APEX					29 Athletes / 3 Coaches
DDC					1 Athlete / 1 Coach
GALAX					1 Athlete / 1 Coach