



2011 LEVEL 4 VIRGINIA STATE CHAMPIONSHIPS SESSION DAYS & TIMES

Friday, May 6th, Saturday, May 7th & Sunday, May 8th

Host Club: Blue Ridge Gymnastics – Martinsville, VA
Meet Site: The Grant Center • Averett University North Campus •
707 Mount Cross Road • Danville, VA 24540
Meet Info: www.vausag.com OR www.blueridgegym.com



Friday, May 6th, 2011

Session I – Ages 11-JR, 11-SR, 12 & 13 & up

5:00pm - Stretch
8:15pm - Awards

Saturday, May 7th, 2011

Session II – Ages 7-JR1, 7-JR2 & 7-SR

8:00am - Stretch
11:15am - Awards

Session III – Ages 10-JR1, 10-JR2, 10-SR1 & 10-SR2

11:30am - Stretch
3:45pm - Awards

Session IV – Ages 9-JR1, 9-JR2 & 9-JR3

4:00pm - Stretch
7:45pm - Awards

Program Ads:
See Program Brochure
Online at www.vausag.com or
www.blueridgegym.com

Sunday, May 8th, 2011 – Happy Mother’s Day!

Session V – Ages 9-SR1, 9-SR2 & 9-SR3

8:00am - Stretch
11:15am - Awards

Session VI – Ages 6, 8-JR1, 8-JR2 & 8-JR3

11:30am - Stretch
3:15pm - Awards

Session VII – Ages 8-SR1, 8-SR2 & 8-SR3

3:30pm - Stretch
6:30pm - Awards

Admission Fees:
FREE for Under 12yrs
\$10.00 per person 12yrs & Older – 1 Day Pass
\$15.00 per person 12yrs & Older – 2 Day Pass
\$5.00 Senior Citizen Rate – 1 Day Pass
\$10.00 Senior Citizen Rate – 2 Day Pass

REMINDERS FOR COACHES:

COACHES MUST COME PREPARED TO SHOW THEIR VALID USAG PRO MEMBERSHIP CARDS AT SIGN IN. IN ADDITION, PLEASE REVIEW USAG COACHING ATTIRE REGULATIONS:
★ At State meets and above, the coaches’ dress code is as follows:
Athletic shoes with rubberized soles. Athletic warm-up pants or “Dockers-Style” pants (No jeans). Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts. Collared shirts, business casual shirts or T-shirts with gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts). No hats or visors.