

2023 Virginia Level 3
State Championships

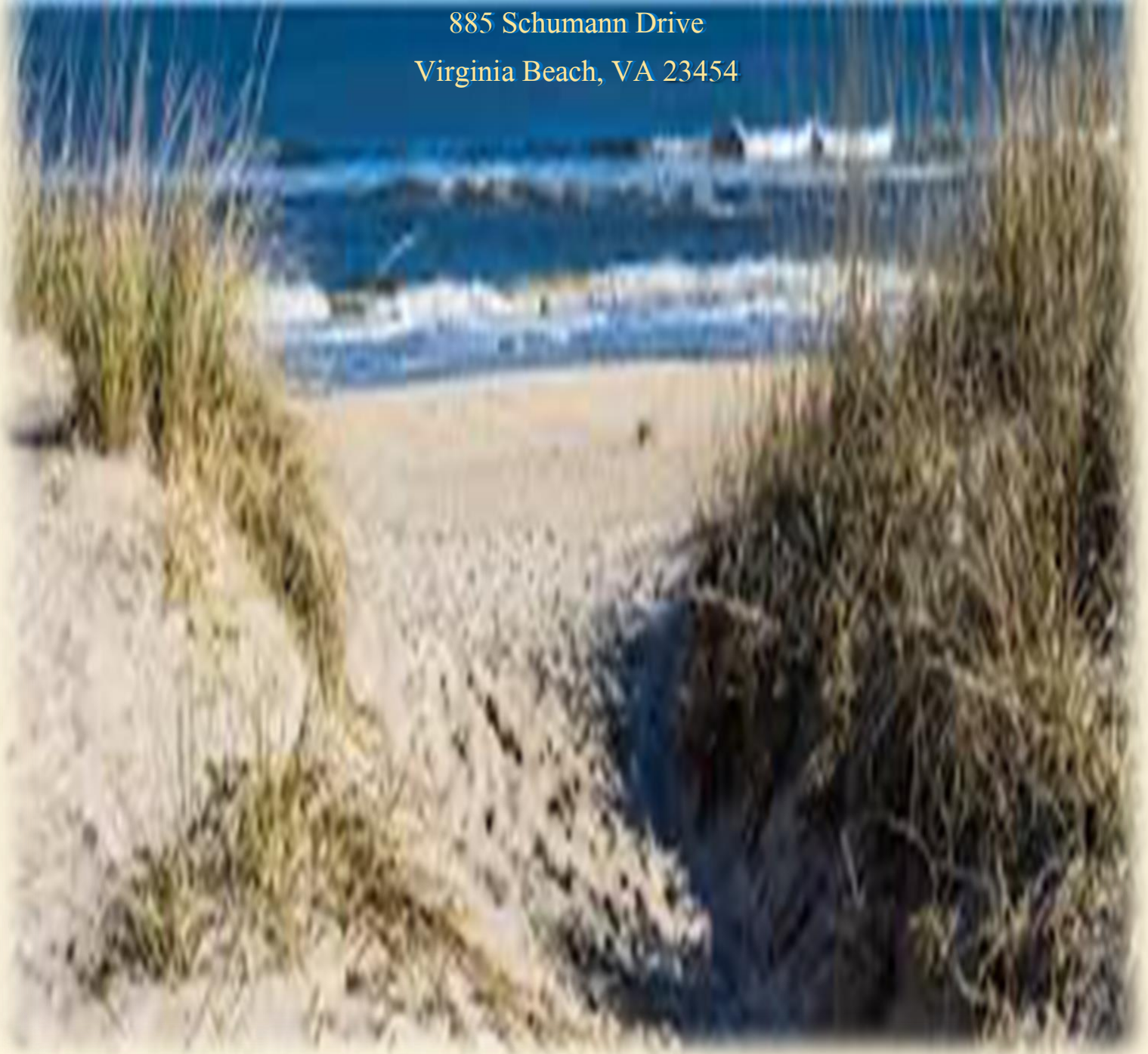
May 5-7, 2023

at

Ocean Lakes High School

885 Schumann Drive

Virginia Beach, VA 23454



Ocean Tumblers Gymnastics extends our congratulations to your gymnasts on qualifying to the 2023 Level 3 State Championships. We hope you have a great trip and look forward to seeing you in a few short weeks! Please continue to check the vausag.com website for continued updates.

Host Club	Ocean Tumblers Gymnastics (757)547-0169 www.oceantumblers.com www.vausag.com – Official Virginia USA Gymnastics Website		
Entries/Registration:	The full procedures are online at www.vausag.com Clubs are required to process all State Meet participants (athletes and coaches) through the Meet Reservations System, by the Reservation Period Closes date April 10th, 2023 . Late entries will be accepted through the Meet Reservation System from April 17th – 23rd and incur a late fee of \$25 per gymnast. Gymnasts must qualify by achieving 33.00 All-Around Gymnasts should be entered in their respective state meets at the club's earliest opportunity to aid in planning purposes; however, <i>gymnasts are not considered entered until payment is fully received.</i>		
Questions:	Direct all inquiries to Steve Garman (vausag@gmail.com), VAUSAG State Chairman		
Mail to:	Steve Garman, SACC 3116 Knoll Drive Falls Church, VA 22042		
Registration fee:	\$90 per gymnast		
Late Entry fee:	\$25.00 per gymnast		
Registration deadline:	Monday, April 10 th , 2023		
Competition Site:	Ocean Lakes High School 885 Schumann Drive Virginia Beach, VA 23454 <i>See "General Directions" page in this packet</i>		
Gate Fees (CASH ONLY):	Ages	One-Day	Two-Day
	Under 12	Free	Free
	Ages 12 & Up	\$10.00	\$15.00
	Senior Citizens	\$5.00	\$10.00
Awards:	Individual Event and All-Around awards will be presented to each age group at the conclusion of each competition session. Awards will follow the Rules and Policies requirements.		
Results:	Results will be posted online at www.vausag.com following the conclusion of the Level 3 State Meet.		
Equipment:	Provided by VAUSAG Vault: Mancino Vault System AAI TAC/10 LZT Vault Boards Bars: AAI ELITE Uneven Bars with Graphite E (soft) rails 12cm base mat Beam: AAI ELITE RA Balance Beam 12cm base mat Floor: American ELITE Artistic Floor Exercise System 8" skill cushions, 4" supplemental throw mats and sting mats available		

Session Schedule:	Will be posted on www.vausag.com
Coaches Meeting:	There will be a meeting for coaches at the beginning of each session.
Coaches Sign In:	Coaches must be registered in the Meet Reservation System. Coaches will be asked to show their USA Gymnastics Professional Member Card w/QR code at sign-in. Please be sure all requirements are current: MEMBERSHIP, SAFETY CERTIFICATION, BACKGROUND CHECK and U100. <i>Only professional members who are coaching and athletes competing in the current session are allowed on the competition floor.</i>
Safety Considerations:	For the safety and consideration of ALL athletes, coaches, and spectators, no injured or sick athletes should participate in the competition.
Accommodations:	SEE CHART BELOW - There are limited rooms in these blocks due to several large events happening at the Oceanfront. There is different pricing for rooms on a high floor at some hotels. *Two-night minimums are required at these hotels ** Only King rooms with sleep sofas available.
Restaurants:	Please see the restaurant recommendations at visitvirginiabeach.com

SEE VA USA GYM HANDBOOK ONLINE FOR FULL ENTRY DETAILS AT:

<https://vausag.com/va-state-handbook/>

FOR THE STATE MEET INFORMATION PAGE GO TO: <https://vausag.com/va-state-meet-information/>

HOTEL	RATE	CUT OFF	BOOKING LINK	PHONE	CODE
Hyatt House 2705 Atlantic Ave Va. Beach, VA 23451	\$259	4/14/23	https://www.hyatt.com/en-US/hotel/virginia/hyatt-house-virginia-beach-oceanfront/orfxv?corp_id=G-OTL3	757-837-4963	G-OTL3
Hyatt Place/VB Oceanfront* 3601 Atlantic Ave Va. Beach, VA 23451	\$290** \$315- 2 Queen \$335- 2 Queen, high floor	4/1/23	https://www.hyatt.com/en-US/group-booking/ORFZO/G-LVL3	757-362-9003 (M-F 9a-5p)	G-LVL3
Hyatt Place/Town Center* 335 Independence Blvd Va. Beach, VA 23462	\$199** \$209**, High floor	4/1/23	https://www.hyatt.com/en-US/group-booking/ORFZV/G-LVL3	757-431-7007 (M-F 9a-5p) or toll free 888-591-1234	G-LVL3
Comfort Suites Beachfront 2321 Atlantic Ave. Va. Beach, Va. 23451	\$259 use link	4/20/23	https://www.choicehotels.com/reservations/groups/KV8609	757-974-9056	USE LINK
Courtyard Marriott -South 2501 Atlantic Ave, Va. Beach, Va. 23451	\$279 USD per night use link	4/14/23	https://www.marriott.com/events/start.mi?id=1678225455633&key=GRP	757-491-6222	USE LINK

Competition Site:
Ocean Lakes High School
885 Schumann Drive
Virginia Beach, Virginia 23454

To Ocean Lakes High School from points north of Richmond:

- Take I-95S to I-295S; merge onto I-64E towards Norfolk/VA Beach/Newport News
- Merge onto I-664S via exit 264 towards downtown Newport News/ Suffolk/ Chesapeake
- Go through the Monitor Merrimac Memorial Bridge Tunnel - stay on I-664S
- Take exit 15B for I-64W towards Chesapeake, Va Beach
- Take exit 284B to merge onto I-264E towards Va Beach
- Take exit 19C for London Bridge Road
- Turn right onto London Bridge Road
- Turn left onto Dam Neck Road
- Turn right onto Upton Drive
- Turn left onto Old Dam Neck Road
- Take the 3rd right onto Da Vinci Drive
- Take the 1st left onto Schumann Drive

To Ocean Lakes High School from Route 460/58E

- US 460/58E becomes US-13N/460E/58E; merge onto 664S, take exit 15B for 64W towards Chesapeake/ Va. Beach
- Take exit 284B to merge onto I-264E towards Va. Beach
- Take exit 19C for London Bridge Road
- Turn right onto London Bridge Road
- Turn left onto Dam Neck Road
- Turn right onto Upton Drive
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