



LEVEL 5-6-7

VA STATE
CHAMPIONSHIPS



2024 LEVEL 5 - 6 - 7 STATE CHAMPIONSHIPS

APRIL 5 - 7, 2024

VA Techniques invites you to the mountains for a "Weekend Getaway" at the Level 5-6-7 State Championships. Let the adventure begin at the mountains, lakes, and trails of the Blue Ridge Mountains. The meet will be held at the Christiansburg Recreation Center. Congratulations to qualified gymnasts! Please check www.vausag.com for updates.

Meet Location: Christiansburg Rec Center
1600 N. Franklin St
Christiansburg, VA 24073
christiansburg.org

Host Club: VA Techniques
(540)381-5151
vatechniques.com

Contact: Steve Garman, VAUSAG Chair
vausag@gmail.com
3116 Knoll Drive
Falls Church, VA 22042
(703)241-1803

Meet Director: Cheryl Johnson
cheryl@vatechniques.com
Please send all inquiries to
Steve Garman.

Qualification: Level 5: 32.00 AA
Level 6: 33.00 AA or IES 8.50
Level 7: 33.00 AA or IES 8.50

Entry Fee: \$130 per gymnast

Entry Deadline: March 11, 2024

Late Fee: \$25/athlete in addition to entry fee

Late Entry Opens: March 17, 2024

Results: Posted on meetscoresonline.com

Late Entry Closes: March 27, 2024

Competition Format: Modified Capital Cup

Entry Procedures: VA state meet entries are made through the USA Gymnastics Meet Reservation System. Please follow all entry instructions in Section 5 of the Virginia Member Handbook. Please make all checks payable to VAUSAG and send booster club or gym checks only to SACC, Steve Garman.

Session Times: Posted on vausag.com

Coaches: Coaches must be entered through the Meet Reservation System on www.USAGym.com. Coaches must present current USA Gym Professional Membership credentials at check in. There will be a Coaches Meeting at the beginning of each session. Hospitality will be provided between sessions. Snacks and water will be available all day.

Professional Members will be asked to show USAG Pro member cards at coach registration.

Awards: Age group event placement awards, age group All-Around awards, and team awards

Trainer: An onsite trainer will be available for all coaches and gymnasts during warm-ups and competition.

Equipment:

Vault: AAI Vault Table, Tac 10
AAI Vault Board, Tac 10

Bars: AAI EVO Elite Bars

Beam: AAI Elite RA Balance Beam
Base Mats: 12 cm

Floor: AAI Artistic Floor Exercise System

*8" skill cushions, 4" supplemental throw mats and sting mats available at every event

State Meet Gate Fee Chart		
Age Group	One Day Pass	Three Day Pass
Under 12	FREE	FREE
Ages 12 & older	\$10	\$15
Senior Citizens (55 & over)	\$5.00	\$10.00

CASH ONLY!

Electronic Good Luck Ads

Wish your athlete good luck with a custom State Championship Electronic Ad! Your athlete will be featured on electronic signs in the venue. **Images, information, and all payments must be submitted by March 23, 2024.** All information should be emailed to statemeet@vatechniques.com.

Still ads designed by you: \$20

Motion ads designed for you: \$32

Please email the following information to statemeet@vatechniques.com with STATE AD in the subject line and your ad or gymnast picture attached. You will receive an email response with payment information within one business day. Ads designed by you should be 1920 x 1080 pixels.

- Contact Name
- Phone Number
- Gymnast’s Name
- Gymnast’s Club
- Ad Type (Designed BY you OR Designed FOR you)

If you do not hear from us within one business day, please call 540-381-5151.

ACCOMMODATIONS



\$139 per night

Hampton Inn

Christiansburg Blacksburg
380 Arbor Dr
Christiansburg, VA 24073
1.3 miles, 5 minutes from the venue.

(540)381-8100

Hampton Inn
CODE RSC

Complimentary breakfast

***Block released on
March 5***



\$169 per night

Holiday Inn Express

Christiansburg
2725 Roanoke Street
Christiansburg, VA 24073
5.2 miles, 8 minutes from the venue

(540)382-6500

Holiday Inn Express

*Complimentary breakfast
Indoor pool*

***Block released on
March 22***



\$169 per night

Fairfield Inn & Suites

Christiansburg
2659 Roanoke Street
Christiansburg, VA 24073
5.1 miles, 8 minutes from the venue

(540)382-6500

Fairfield Inn

*Complimentary breakfast
Indoor pool*

***Block released on
March 22***



\$179 per night

Holiday Inn

Christiansburg Blacksburg
99 Bradley Dr
Christiansburg, VA 24073
1.3 miles, 5 minutes from the venue.

(540)381-8100

Holiday Inn

*Complimentary breakfast
Indoor saltwater pool*

***Block released on
March 6***



\$169 per night

Homewood Suites

Christiansburg
2657 Roanoke Street
Christiansburg, VA 24073
5.1 miles, 8 minutes from the venue.

(540)381-1394

Homewood Suites

*Complimentary breakfast
Indoor pool*

***Block released on
March 22***