



Virginia State Championships



Levels 8-9-10



March 22-23-24, 2024

Hosted by **World Class Gymnastics**
Boo Williams Sportsplex, Hampton VA



2024 VA State Championships: Levels 8-9-10

Meet Information

- Dates:** March 22-24, 2024
The final schedule will be posted after the State Entry deadline. The *tentative* schedule:
Level 10: Friday late afternoon or evening
Level 9: Saturday
Level 8: Sunday with a possibility of Sat. late afternoon/evening
- Host Club:** World Class Gymnastics
343 Bell King Rd, Newport News, VA 23606
757-881-9920 gym 757-881-9923 fax
Email: Gymsme2@aol.com
Club: www.worldclassgym.com
- For Information & Updates:** Go to <https://vausag.com/va-state-meet-information/>
- Contact:** Steve Garman, VA SACC, email at vausag@gmail.com
- Meet Director:** Debbie Le Moal, email: gymsme2@aol.com
- Venue:** Boo Williams Sportsplex, 5 Armistead Pointe Parkway, Hampton VA 23666
<http://www.boowilliamssportsplex.com/> Directions on last page.
- Qualifying Info:** Qualifying scores to State:

Level 8:	33.00 AA	8.5 IES
Level 9:	32.00 AA	8.5 IES
Level 10:	32.00 AA	8.5 IES

Please refer to the **Entry Instructions** in the VA USA Gym Member Handbook – Section 5 - <https://vausag.com/va-state-handbook/> for full entry procedures.
- Entry Procedures:** Go to www.VAUSAG.com, click on VA USA Gymnastics Information tab, select VA Member Club Handbook, go to Section 5. Clubs must enter their State Meet via the USA Gymnastics Meet Reservation System through their Club Administration Page.
- Entry Fee:** \$150.00 per athlete payable to VAUSAG and mail to:
Steve Garman, VAUSAG SACC
- Entry Deadline:** **Monday, February 26, 2024.**
- Late Fee:** \$25.00 per athlete for late &/or incomplete entries.
NO teams or athletes are officially entered until state meet entry fees are received.

**VA USA Gym
Senior Bio Form:**

Go to the Virginia USA Gym State Meet Information page at <https://vausag.com/va-state-meet-information/> to find the link to the Senior Bio Form.
Clubs & Coaches please complete a VA Senior Bio Form for each graduating athlete to be recognized during the award ceremony at their VA State Meet.

**Region 7
Championships
Entry Procedures:**

Go to Region 7 website under "Meets" for updates & information.
<https://www.region7usagym.com/meets>

**Virginia Athlete
Regional Meet
Prequalification
Procedures:**

Go to the Forms section of the VA State Handbook Table of Contents at <https://vausag.com/va-state-handbook/> to review FORM 9 which provides VA directions for reporting intent to prequalify athletes to their Region 7 Championship meet. A link to the Google form described there will be sent out via the VA USAG email list.

**State of Virginia
Regional Apparel
Order Form:**

Forthcoming

**World Class –
L8-9-10 Electronic
State Meet Good
Luck & Graduating
Senior Recognition
Form Due to**

World Class Contact: Monday, March 4th, 2024
[**World Class - L8-9-10 Electronic State Meet Good Luck & Graduating Senior Recognition Form**](#)

Coaches:

Coaches must be entered through USA Gymnastics' Meet Reservation System. Coaches must present current USAGym Professional Membership QR/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.

Meet Format:

Modified Capital Cup

Equipment:**Vault Board:** AAI TAC/10 Vault Board**Vault Tables:** AAI TAC/10 Vault Table**Bars:** AAI EVO Elite Bars**Beam:** AAI Elite RA Balance Beam, 12cm base mat**Floors:** AAI Artistic Floor Exercise System**Mats:** 8" skill cushions, 4" supplemental throw mats and sting mats available at every event.**Floor Music:**

All coaches MUST provide Floor Exercise music in digital format (MP3, computer, tablet, smart phone etc.). All electronic devices must have a display screen and must be on airplane mode, when applicable. ALL FLOOR MUSIC MUST BE IN DIGITAL FORMAT. CD playback equipment will not be provided.

Trainer:

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

Gate Fees: CASH ONLY

State Meet Gate Fee Chart		
<i>*Charged in Outside Facilities</i>		
Age Group	One Day Pass	Two Day Pass
Under 12	FREE	FREE
12 years & older	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00

Gymnasts competing at Level 8-9-10 Championships are not charged for any session.

Host Hotels:

Element Hampton Peninsula Town: 1851 Merchant Lane, Hampton, VA 23666. \$139/night for King, \$144/night for queen. (1-877-353-6368/757-251-6759) Code VAC. Cut off 3/1/24.



Hampton Inn-Hampton and Newport News: 3101 Coliseum Dr, Hampton, VA 23666:



Virginia State Championships Level 8-9-10
March 22-24, 2024

Booking Link: [Virginia State Championships Level 8-9-10 - HAMPTON INN Hampton](#)

- \$129.00++ Two Queen
- **Booking Deadline: MARCH 1, 2024**
- Cancellation: 72 Hours

Courtyard by Marriott: 1917 Coliseum Dr. Hampton, VA 23666, 757-838-3300, \$169/night plus tax.



World Class Gym 3/22
Start Date: Friday, March 22, 2024
End Date: Sunday, March 24, 2024
Last Day to Book: Friday, February 23, 2024

Hotel(s) offering your special group rate:

- Courtyard Hampton Coliseum Central for 169 USD per night
- **Book your group rate for World Class Gym by 3/22/24**

2024 VA State Championships: Levels 8-9-10

World Class Electronic Good Luck Ad & Graduating Senior Recognition

Graduating Seniors: Please email a HEAD SHOT so that we can include you in the senior section of the program. Email to worldclassprograms@outlook.com. In the subject line write, SENIOR and your name. In the body of the email, write (1.) your name, (2.) your team, (3.) your high school name and (4.) name of college you will be attending if you know already. Please read the rest of the form for general information about pictures. No charge to be included in the Senior Section. **Deadline Monday, March 4, 2024.**

Good Luck Ads: Reserve your space for a State Championships Good Luck Electronic advertisement!! All ads must be submitted and **paid in full by Monday, March 4, 2024.** Ads received after that date may not make the cutoff.

Contact Name: _____

Telephone: _____

Email Address: _____

Gymnast's Name: _____

Gymnast's Club: _____

Check one:

_____ Good Luck Electronic Ad \$20

_____ Graduating Senior Head Shot Free

STEP 1: Mail this form and payment to
Electronic Ad: VA State Championships
WCGPA
343 Bell King Rd, Newport News, VA 23606

STEP 2: email completed and ready to go ad to worldclassprograms@outlook.com. Put your gymnast's name in the Subject line and a copy of this form in the email so we can correctly identify you.

Pictures must be at least 300dpi. Provide final ads in these formats: pdf, Microsoft Word, PowerPoint or Publisher. When creating your ad, keep in mind the size of the ad you are purchasing. The quality picture supplied will determine the clarity in the program. If you selected a black and white ad, but sure there is enough contrast in the picture so the gymnast doesn't "disappear" into the background.

Restaurants and Activities

Restaurants, Shopping and Movies:

The Boo Williams Sportsplex is located in Coliseum Central area and near Peninsula Town Center, a premier new-style shopping center with shops, restaurants, and a movie theater. www.peninsulatowncenter.com In Coliseum Central there are plenty of malls, restaurants and activities. To see shops and activities in Hampton, go to www.visithampton.com.

Williamsburg and surrounding areas have tons of shopping and quality outlet malls. People travel from far and wide to shop in Williamsburg. www.visitwilliamsburg.com Williamsburg is an easy 20 to 30 minute drive. Go West on I64 and follow the signs.

Activities:

Yorktown and Jamestown are both historic and fun. Yorktown is about 15 minutes and Jamestown is about 35 minutes away. For more information, go to www.historyisfun.org.

Colonial Williamsburg is both a place of history and shops and restaurants, and about 30 minutes away. To learn more about the historical part, go to www.history.org. For shops and restaurants within Colonial Williamsburg and across from the College of William and Mary, go to www.merchantsquare.org.

Virginia Beach is fun any time of year. It is about 45 minutes to the resort/board walk area. For more information, go to www.vbfun.com.

Busch Gardens Williamsburg is OPEN on the L8-9-10 State Championships weekend. Busch Gardens is about 20 minutes away. For more info go to www.seaworldparks.com and click on Busch Gardens Williamsburg.

Come for the CHAMPIONSHIPS, but have a little fun in our area too!



Directions & Parking: Boo Williams Sportsplex

Boo Williams Sportsplex is located at the intersection of Armistead Ave and Hampton Roads Center Parkway . 5 Armistead Pointe Parkway, Hampton, VA 23666.

<http://www.boowilliamssportsplex.com/> look under *Plan Your Visit*

For people traveling from Williamsburg and Points North

1. Take I-64E
2. Take exit 261B for Hampton Roads Center Parkway E
3. Merge onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

For people traveling from Suffolk, Chesapeake

1. Take I-664 North toward Newport News
2. Merge onto I-64 West via exit 1A on the Left toward Williamsburg/Richmond
3. Merge onto VA-134 N/MAGRUDER BLVD. via exit 262B toward NASA/Poquoson
4. Turn Right on Hardy Cash Drive
5. Turn Left on Coliseum Drive
6. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

For people traveling from Norfolk, VA BEACH

1. Begin on I-64 West toward Hampton/Richmond
2. Merge onto VA-134 North/MAGRUDER BLVD via exit 262B toward NASA/Poquoson
3. Turn Right onto Hardy Cash Dr.
4. Turn Left onto Coliseum Drive
5. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.