

Stafford Royals Gymnastics

presents



Fredericksburg Convention Center
2371 Carl D. Silver Parkway
Fredericksburg, VA 22401

April 26-28, 2024

2024 Level 3 & 4 State Championships

April 26-28, 2024

MEET LOCATION:	Fredericksburg Convention Center 2371 Carl D. Silver Parkway Fredericksburg, VA 22401 www.fredericksburgconventioncenter.com
HOST GYM:	Stafford Royals 540-658-5115 www.staffordroyals.com
CONTACT:	Steve Garman, VAUSAG Chair vausag@gmail.com 3116 Knoll Drive Falls Church, VA 22042 (703) 241-1803
MEET DIRECTOR:	Char Aitken-Cade caitkencade@staffordcountyva.gov <i>Please send all inquiries to Steve Garman</i>
QUALIFICATION:	Level 3 - 33.00 AA Level 4 - 33.00 AA
ENTRY FEE:	Level 3 - \$100 per gymnast Level 4 - \$130 per gymnast
ENTRY DEADLINE:	April 1, 2024
LATE ENTRY OPENS:	April 7, 2024
LATE ENTRY CLOSES:	April 17, 2024
LATE FEE:	\$25/athlete in addition to the entry fee
COMPETITION FORMAT:	Modified Capital Cup
SESSION TIMES:	For State Meet Updates & Session Times go to: https://vausag.com/va-state-meet-information
RESULTS:	Will be posted on www.meetscoresonline.com



www.staffordroyals.com



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 mail booster club or gym checks only to the State Chairman's address listed above.

COACHES: Coaches must be entered through the Meet Reservation System on www.USAGym.com. Coaches must present current USA Gymnastics 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 QR code/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 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.

GATE FEES:

State Meet Gate Fee Chart CASH ONLY		
Age Group	One Day Pass	Two Day Pass
Under 12	FREE	FREE
Ages 12 & Older	\$10	\$15
Senior Citizens	\$5	\$10



ACCOMODATIONS:



Homewood Suites by Hilton

1040 Hospitality Ln
Fredericksburg, VA
540-786-9700

[Reservation Link for Homewood Suites](#)

Rates:

- Suite with 2 Queens - \$239
- Suite with King - \$169

Group Code: SGM

Cut off date: April 3



Holiday Inn and Conference Center

20 Sanford Drive
Fredericksburg, VA 22406
540-368-8000

[Reservation Link for Holiday Inn and Conference Center](#)

Rates:

- Thursday - King or Double Queen \$119/ incl. breakfast \$139
- Friday and Saturday - King - \$149.99/ incl. breakfast \$164.99
- Double Queen - \$164.99/incl. breakfast \$179.99

Code Word: GYM

Cut off date: April 11



Holiday Inn Express

560 Warrenton Rd
Fredericksburg, VA 22406
540 479-8000

[Reservation Link for Holiday Inn Express](#)

Rates:

King or Double Queen - \$149.00

**Use link or call and ask for Stafford Royals
Gymnastics Rate**

Cut off date: March 26



www.staffordroyals.com



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