

Barnyard Bash

VIRGINIA XCEL

**BRONZE, PLATINUM, DIAMOND AND SAPPHIRE
STATE CHAMPIONSHIPS**



Co-Hosted by:

Gymnastics Inc.

&

Ocean Tumblers

May 3-5, 2023



Meet Location: Boo Williams Sportsplex
5 Armistead Pointe Parkway
Hampton, VA 23666
Boowilliamssportsplex.com

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



Host Clubs: Gymnastics Inc. (757) 723-4966 <http://www.gymnastics-inc.com/>
Ocean Tumblers (757) 547-0169 www.oceantumblers.com

Meet Directors: Steve Garman, Wendy Hylton



For Information & Updates: Go to <https://vausag.com/va-state-meet-information/>

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: Bronze - \$100.00 per athlete
Platinum, Diamond & Sapphire - \$150.00 per athlete
*Make Gym or Parent Club Checks ONLY payable to VAUSAG and mail to: Steve Garman, VAUSAG SACC, 3116 Knoll Drive, Falls Church, VA 22042

Entry Deadline: Monday, April 8, 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.

Session Schedule: Will be posted at www.vausag.com a minimum of 4 weeks prior to the competition.

Coaches: An official coaches' meeting will be held at the beginning of each session. Hospitality will be provided.

Coaches Sign-In: Coaches will be asked to show their USA Gymnastics Professional Member card at sign-in. Please be sure all requirements are current: MEMBERSHIP, SAFETY CERTIFICATION, BACKGROUND CHECK and U100. It is best if all coaches that are attending the competition are also registered through the USA Gymnastics Meet Reservation System.

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. CD playback equipment will not be provided.

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

Awards: Individual achievement awards will be available at each event for Bronze Division gymnasts. Age Group Event and All-Around Placement Awards will be given to all Divisions. No Team Competition is included for Xcel.

Gate Fees: CASH ONLY

AGES	ONE DAY	TWO DAY	WEEKEND
12 AND UNDER	FREE	FREE	FREE
13 AND UP	\$10.00	\$15.00	\$20.00
SENIOR CITIZENS 62+	\$5.00	\$10.00	\$15.00



Purpose of State Meets in Virginia & Culminating Competition Information:

The purpose of Virginia USA Gymnastics State Meets is to provide a culminating competition for the regular season for Virginia gymnasts who have met the qualification guidelines set forth by the National, Regional & State Committees. Culminating meet per level/division are as follows:

****Level 3, 4, 5, & 6 & Xcel Bronze, Silver & Gold** - Set forth by the Virginia State Administrative Committee.

****Level 7 & 8 & Xcel Gold, Platinum, Diamond & Sapphire** - Set forth by the Region 7 Administrative Committee.

****Level 9 & 10** - Set forth by the National Administrative Committee.

From States Level 7, 8, 9 & 10 AND Xcel Gold, Platinum, Diamond & Sapphire qualify to their Regional Championships:

- Region 7 Championships Qualifying Guidelines & Procedures can be found at <https://www.region7usagym.com/meets>
 - Regional Championships is the culminating event for Level 7, 8 & Xcel Gold, Platinum, Diamond and Sapphire Divisions

From Regionals Level 9 & 10 athletes qualify to their culminating Championships.

- Level 9 - USA Gymnastics East/West Championships for Level 9
- Level 10 - USA Gymnastics Women's Development Program Championships

Meet Reservation System:

- **IMPORTANT NOTE TO ALL CLUBS & COACHES:** *It is imperative with the size of our VA Meet that all state entries be submitted in a timely manner in order to organize and inform the participating clubs as soon as possible of session assignments. Thank you for your attention in this matter. ONLY professional members who are coaching athletes who are competing in a session are allowed on the competition floor. Please plan accordingly.*
- Gymnasts should be entered in their respective state meets at the club's earliest opportunity to aid in planning purposes, however, gymnasts are not considered entered until payment is received. Only www.usagym.org Club Administrators will be able to submit or modify entries.
- **VA STATE ENTRY PROCEDURES – ALL CLUBS MUST USE THE USA GYMNASTICS MEET RESERVATION SYSTEM TO ENTER THEIR STATE MEET.**
- USA Gymnastics mandated that State Meet entries must be processed through the Meet Reservation System (MRS). In order to make this system work, you must keep your club roster for both gymnasts and coaches up-to-date on www.usagym.org. Invitational competition hosts are strongly encouraged to post scores to www.myUSAGym.org to facilitate reporting of qualifying scores to the State Chair.
- **Club Administrators How To:**
 - **Step 1:** Log on to the USA Gymnastics website
 - **Step 2:** Click on Member Services
 - **Step 3:** Click on Club Administration link located on the left-hand side
 - **Step 4:** From the drop click on Meet Reservations
 - **Step 5:** Scroll to the bottom and click on Search for Meets
 - **Step 6:** Select the Discipline Type and State
 - **Step 7:** Select the "Virginia Xcel Bronze, Platinum, Diamond & Sapphire Championships"
 - **Step 8:** Complete the requested information
 - **Step 9:** Select the athletes and coaches that you wish to reserve a spot in the meet
 - **Step 10:** Click the submit button and review the information and click submit again to finalize the reservation.
- **Clubs are required to process all State Meet Participants (athletes and coaches) through the Meet Reservation System, by the Reservation Period Closes date posted.**



Directions Boo Williams Sportsplex:



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.



Hampton Convention & Visitor Bureau

1919 Commerce Drive
Suite 290
Hampton, VA 23666

757-722-1222
800-487-8778
fax: 757-896-4600

We are excited to host the *Virginia Xcel Bronze, Platinum, Diamond and Sapphire State Meet*

May 3-5, 2024!

SOME AREA HOTELS

Courtyard by Marriott Hampton

1917 Coliseum Drive Hampton, VA 23666
757-838-3300

Rate: \$169.00

Group Name: Virginia Xcel Gymnastics Meet 2023

Reserve by: April 18, 2024

Holiday Inn Express Hampton

1813 W. Mercury Blvd. Hampton, VA 23666
757-838-8484



- ❖ **Spring Hill Suites, 1997 Power Plant Pkwy, Hampton, VA 23666 (King rooms Only) 757-310-6333**
- ❖ **Hampton Inn, 3101 Coliseum Dr, Hampton, VA 23666 757-838-1400**

May is a great time to visit Hampton! We encourage you to take time while you are here to visit one of our many attractions. Hampton has over 100 attractions within a 30-minute drive so there truly is something for everyone.