

VIRGINIA XCEL STATE GYMNASTICS CHAMPIONSHIPS

SILVER AND GOLD



MAY 10 - 12TH,
2024



Farm Bureau Center

13191 Dawn Blvd. Doswell, VA 23047

Hosted by: All American
Gymnastics and Aerial East
Gymnastics



All American
Gymnastics

**AERIAL
EAST**

State Meet Gate Fees

AGE GROUP	ONE DAY PASS	TWO DAY PASS
Under 12	FREE	FREE
12 years and older	\$10.00	\$15.00
Seniors	\$5.00	\$10.00

VIRGINIA
USA
Gymnastics

2024 Xcel Silver & Gold Virginia State Championships

May 10-12, 2024

General Information

Venue

The Farm Bureau Building - Meadow Event Park
13191 Dawn Rd.
Doswell, VA 23047

Contact Information

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



For Information & Updates

Go to <https://vausag.com/va-state-meet-information/>

Host Clubs

Aerial East Gymnastics
www.AerialEast.com
(804) 723-5264

All American Gymnastics
www.allamericangymnastics.com
(804) 239-4530

Meet Directors

Tiffany Kirkham
Lee Withers

**Please direct all questions to Steve Garman
tiffany@aerialeastgym.com
lee800m@aol.com

Gate Fees *CASH ONLY

Gate fees are charged to Virginia State Meets held in an outside facility. Gate fee rates are set by the Virginia State Administrative Committee.

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

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:

\$130.00 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 15, 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 Meetings

Held at the beginning of each session.

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. 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.

Awards:

Individual Event, All Around are awarded for all Levels & Xcel Divisions AND Level 3-10 are awarded Team Placements.

Virginia State Championships Qualification Medals are awarded to each athlete attending their state meet.

Achievement Ribbons: Awarded to Levels 3, 4, Xcel Bronze & Silver athletes.



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



Entries and Registration Deadlines

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 Silver/Gold State 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.



Venue Information

The Farm Bureau Building
Meadow Event Park
13191 Dawn Rd.
Doswell, VA 23047

Directions to Meadow Event Park

From I-95, take Exit 98 (Doswell) and travel 1.5 miles east on state Route 30. The main entrance to The Meadow Event Park will be on your left. Proceed through the first gate on your left. Plentiful parking is available. Spectators please use the entrance for Side A.

Alternate Routes

- Take US Route 301 to State Route 30. Travel about 3 miles west on Route 30. The main entrance to The Meadow Event Park will be on your left.
- Take US Route 1 to State Route 30. Travel about 2 miles on Route 30. The main entrance to The Meadow Event Park will be on your left.



Host Hotels



Fairfield Inn & Suites of Ashland

11625 Lakeridge Parkway
Ashland, Virginia 23005
12 Miles from Venue

Starting at \$135/night

Mention "Aerial East Gymnastics"
when booking to get the block rate.

Free Hot Breakfast
Fitness Center
Free WiFi

Deadline to reserve rooms at block
rate 4/19/24



Country Inn & Suites – Hanover, VA

11600 Lakeridge Parkway
Ashland, Virginia 23005
12 Miles from Venue

Starting at \$149/night

Click [HERE](#) for Reservations

Free Hot Breakfast
Fitness Center
Free WiFi

Deadline to reserve rooms at block
rate 4/19/24



Avid Hotel, Richmond North

10261 Washington Highway
Glen Allen, VA 23059
15 Miles from Venue

Starting at \$159/night

Click [HERE](#) for Reservations

Free Hot Breakfast
Indoor Pool
Fitness Center
Free WiFi

Deadline to reserve rooms at block
rate 4/25/24

Explore Richmond

Richmond offers lots to explore and do while on your visit to the capital of the Commonwealth. Here are just a few ideas!



Lewis Ginter Botanical Gardens (1800 Lakeside Avenue; Richmond, VA)

Open 9 AM-5 PM daily and offers a unique experience with children's garden and BUTTERFLIES LIVE! An amazing exhibit where you can get up close and personal with hundreds of butterflies. Admission: Adults \$17 / Children (3-12) \$8 / Children (under 3) Free

Maymont (1700 Hampton Street / Richmond, VA)

A 100 acre public park that offers an arboretum, gardens, wildlife exhibits, children's farm and more. Admission to the grounds is free. Suggested admission to the wild life exhibits \$5/person. Admission to Nature and Visitors Center: Adults \$8 / Children (3-16) \$6 / Children (2 & under) Free. Open daily 10 AM-5 PM.

Belle Isle

A free 54-acre public park in the James River that is accessible by a foot bridge from Tredegar Street and features wooded trails, mountain biking, and rock climbing. A local favorite for the outdoor enthusiast.

Virginia Museum of Fine Arts (VMFA) (200 N Boulevard; Richmond, VA)

A free museum that is open 365 days a year. Weekend hours from 10 AM-5 PM.

Kings Dominion (16000 Theme Park Way; Doswell, VA)

An amusement park located in Doswell, VA – practically across the street! Open weekends starting in April.