



LEVEL 5-6-7

VA STATE
CHAMPIONSHIPS



2025 Level 5 – 6 – 7 State Championships

March 28 – 30, 2025

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
www.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.

Rex Lacy, VAUSAG Clerical Director
vausagMeetEntries@gmail.com

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: \$130.00 per gymnast

Entry Deadline: March 3, 2025

Late Fee: \$25.00/athlete in addition to entry fee

Late Entry Opens: March 10, 2025

Results: Posted on www.meetscoresonline.com

Late Entry Closes: March 20, 2025

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 booster club or gym checks ONLY payable to **VAUSAG** and mail to: **Steve Garman, VAUSAG SACC, 3116 Knoll Drive, Falls Church, VA 22042**

Please note the rule change as stated in **Rules and Policies 2024-2025, page 77:**

Chapter 8 – DEVELOPMENT PROGRAM

IV. DROPPING BACK THROUGH THE DEV LEVELS

A. **DECLARATION DATE:** The SAC (State Administrative Committee) must determine prior to the beginning of the competitive year, a designated "declaration date".

1. The program (DEV or XCEL) competed first after the "declaration" date will determine that athlete's program (DEV or XCEL) for the remainder of that season.
2. Once a gymnast has competed in a sanctioned event past the declaration date, she may NOT drop back to a lower DEV level in the same competitive season.

Level 7 & 8 Regional Championships: Go to the Region 7 site at <https://www.region7usagym.com/meets> for specifics on qualifying & Venue Sites for 2025 L7 & L8 Region 7 Championships. Regional Apparel Form is forthcoming.

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

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

Gate Fees:

| 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 |

CASH ONLY

Gymnasts competing at Level 5-6-7 Championships are not charged for any session.

Level 5, 6 & 7 State Meet 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 21, 2025. All information should be emailed to statemeet@vatechniques.com.

Still ads designed by you: \$30.00

Motion ads designed for you: \$45.00

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

Ad Type (Designed BY you OR Designed FOR you)

*****If you do not hear from us within two business days, please call 540-381-5151.**

Accommodations



\$149 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

Group Name: VA State Championships

Complimentary breakfast

48 HOUR CANCELLATION POLICY

**Block released on
February 28**



\$129 per night

Courtyard by Marriott
Blacksburg
105 Southpark Dr
Blacksburg, VA 24060
3.9 miles, 6 minutes from the venue

(540)552-5222

Courtyard

Group Code: G4281

**Block released on
February 28**



\$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

Group Code: VAT

*Complimentary breakfast
Indoor pool*

**Block released on
March 14**



\$159 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 14**



\$139 per night

Home2 Suites
Christiansburg
1329 Rugby Lane
Blacksburg, VA 24060
5.2 miles, 10 minutes from the venue

(540)726-4242

Home2 Suites

Group Code: CHTVA2

*Complimentary breakfast
Indoor pool*

**Block released on
March 10**



\$179-\$189 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
February 26**



\$159 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 14**

PLEASE NOTE CANCELLATION POLICIES WHEN BOOKING!