



2025 VA Women's Levels 5-6-7 State Championships Session Times

<u>Friday, March 28th</u>		
Session 1	5:00 PM	Open Stretch
Level 5	8:15 PM	Individual & Team
Ages: All		Awards
<u>Saturday, March 29th</u>		
Session 2	8:30 AM	Open Stretch
Level 6	11:00 AM	Individual Awards
Ages: 13-Jr2 and Older		
<u>Sunday, March 30th</u>		
Session 3	11:15 AM	Open Stretch
Level 6	1:45 PM	Individual Awards
Ages: 12-Jr2 to 13-Jr1		
<u>Sunday, March 30th</u>		
Session 4	2:00 PM	Open Stretch
Level 6	4:30 PM	Individual Awards
Ages: 11-Jr2 to 12-Jr1		
<u>Sunday, March 30th</u>		
Session 5	4:45 PM	Open Stretch
Level 6	7:45 PM	Individual & Team
Ages: 11-Jr1 and Younger		Awards
<u>Sunday, March 30th</u>		
Session 6	8:30 AM	Open Stretch
Level 7	11:30 AM	Individual Awards
Ages: 13, 14, 16 and Older		
<u>Sunday, March 30th</u>		
Session 7	11:45 AM	Open Stretch
Level 7	2:45 PM	Individual & Team
Ages: 12 and Younger, 15		Awards

*Live scoring will be available at
MeetScoresOnline.com and myUSAGym.com*

*Schedule subject to change due to late entries and scratches.
Check for updates at vausag.com*