

Virginia State

**LEVEL 3&4**

*Championship*

April 25-27, 2025  
Hampton Coliseum  
Hampton, VA

Host: Virginia Elite Gymnastics  
Academy

# 2025 Level 3 & 4 State Championships April 25-27, 2025

**\*NOTE: UPDATED VENUE AS OF 3/25**

**Meet Location:** Hampton Coliseum  
1000 Coliseum Dr, Hampton, VA 23666

**Venue Website:** <https://www.hamptoncoliseum.org/>

**Hosting Club:** Virginia Elite Gymnastics Academy  
804-557-3855  
www.thevegagym.com

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

**Meet Director:** Andrew Davis      **Email:** Team.thevegagym@gmail.com

**\*\*\*Please send all inquiries to Steve Garman.**

**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: 3/31/2025  
LATE ENTRY OPENS: 4/6/2025  
LATE ENTRY CLOSES: 4/16/2025

**LATE FEE:** \$25/athlete in addition to the entry fee

**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.

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.

- 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](http://www.meetscoresonline.com)
- Coaches:**
  - \*\*Coaches must be entered VIA Club Administrator through the Meet Reservation System on <https://members.usagym.org/fw/login.html>
  - \*\*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
  - 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 Fee – CASH ONLY:**

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

## Accommodations

### Room Block Options:

#### **Holiday Inn Newport News-Hampton**

980 Omni Boulevard, Newport News, VA 23606

Reservations are up and ready for booking! For reservations over the phone, make sure to refer to the group code- **VSM**

Holiday Inn Newport News- Hampton is (757) 223-2110

Toll Free Number - Holiday Inn Central Reservations is 800-465-4329.

For online reservations, simply right click on the link and pick open hyperlink or cut and paste the link below. You will be directed to the property's home page where you can reserve your room.

[USAG VA State Meet](#)

Nightly rate

\$139- 2 Queen Beds

The room block cut-off date of **March 31, 2025 at 5:00pm**

#### **Courtyard Hampton Coliseum Central**

1917 Coliseum Drive Hampton, Virginia, USA, 23666

Make your reservation online by simply right clicking on the link and pick open hyperlink or cut and paste the link below. You will be directed to the property's home page where you can reserve your room.

[Book your group rate for VA State Championship Level 3 and 4](#)

Nightly rate

\$169-1 King, sofa bed

\$179-2 Queen beds

The room block cut-off date of **April 4th, 2025**

#### **Best Western Hampton Coliseum Inn**

1916 Coliseum Drive, Hampton Virginia 23666

Make your reservation online by simply right clicking on the link and pick open hyperlink or cut and paste the link below. You will be directed to the property's home page where you can reserve your room.

[https://www.bestwestern.com/en\\_US/book/hotel-rooms.47146.html?groupId=A15LX8F6](https://www.bestwestern.com/en_US/book/hotel-rooms.47146.html?groupId=A15LX8F6)

Nightly rate

\$164- 1 King Bed

\$163-2 Queen Beds

The room block cut-off date of **April 5th, 2025**

## Local Attractions

Virginia Air and Space Center

[Home - Virginia Air & Space Center \(vasc.org\)](http://vasc.org)

Hampton University Museum

Buckroe Beach and Park

[Facilities • Buckroe Beach and Park \(hampton.gov\)](#)

Hampton Carousel

[Facilities • Hampton, VA • CivicEngage](#)

Air Power Park

[Air Power Park - Visit Hampton, VA : Visit Hampton, VA](#)

Blue Bird Gap Farm

<https://hampton.gov/139/Bluebird-Gap-Farm>

Hampton History Museum

[Hampton History Museum | Hampton, VA - Official Website](#)

Sandy Bottom Nature Park

[Sandy Bottom Nature Park | Hampton, VA - Official Website](#)

Peninsula Town Center

[Peninsula Town Center - Lifestyle Center - Hampton, Virginia](#)