



## 2026 VA Women's Levels 5-6-7 State Championships Session Times

<b><u>Friday, March 20th</u></b>		
<b>Session 1</b>	3:15 PM	Open Stretch
<b>Level 5</b>	5:15 PM	Individual Awards
<b>Ages: 11-Jr2 &amp; Older</b>		
<b>Session 2</b>	5:30 PM	Open Stretch
<b>Level 5</b>	7:30 PM	Individual & Team Awards
<b>Ages: 11-Jr1 &amp; Younger</b>		
<b><u>Saturday, March 21st</u></b>		
<b>Session 3</b>	8:30 AM	Open Stretch
<b>Level 6</b>	11:00 AM	Individual Awards
<b>Ages: 13-Jr2 &amp; Older</b>		
<b>Session 4</b>	11:15 AM	Open Stretch
<b>Level 6</b>	1:45 PM	Individual Awards
<b>Ages: 11-Jr1 &amp; Younger</b>		
<b>Session 5</b>	2:00 PM	Open Stretch
<b>Level 6</b>	4:45 PM	Individual Awards
<b>Ages: 11-Jr2 to 12-Jr2</b>		
<b>Session 6</b>	5:00 PM	Open Stretch
<b>Level 6</b>	7:30 PM	Individual & Team Awards
<b>Ages: 12-Jr3 to 13-Jr1</b>		
<b><u>Sunday, March 22nd</u></b>		
<b>Session 7</b>	8:30 AM	Open Stretch
<b>Level 7</b>	11:30 AM	Individual Awards
<b>Ages: 14 &amp; Older</b>		
<b>Session 8</b>	11:45 AM	Open Stretch
<b>Level 7</b>	2:45 PM	Individual Awards
<b>Ages: 12-Jr2 &amp; Younger</b>		
<b>Session 9</b>	3:00 PM	Open Stretch
<b>Level 7</b>	6:00 PM	Individual & Team Awards
<b>Ages: 12-Sr to 13-Sr2</b>		

*Live scoring will be available at  
MeetScoresOnline.com, ScoreCatOnline.com and the ScoreCat phone app*

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