



Virginia State Championships



Levels 5-6-7



March 20-21-22, 2026

Hosted by **World Class Gymnastics**
Boo Williams Sportsplex, Hampton VA



2026 VA State Championships: Levels 5-6-7

Meet Information

Dates: March 20-22, 2026
The final schedule will be posted after the State Entry deadline. The *very tentative* schedule:
Level 5: Friday late afternoon or evening, possibly a session Saturday.
Level 6: Saturday, possibly Sunday.
Level 7: Sunday with the possibility of Sat. late afternoon/evening

Host Club: World Class Gymnastics
343 Bell King Rd, Newport News, VA 23606
757-881-9920 gym 757-881-9923 fax
Email: Gymsme2@aol.com
Club: www.worldclassgym.com

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

Contact: Steve Garman, VA SACC, email at vausag@gmail.com

Meet Director: Debbie Le Moal, email: gysme2@aol.com

Venue: Boo Williams Sportsplex, 5 Armistead Pointe Parkway, Hampton VA 23666
<http://www.boowilliamssportsplex.com/> Directions on last page.

Qualifying Info: Qualifying scores to State:
Level 5: 32.00 AA
Level 6: 33.00 AA 8.50 IES
Level 7: 33.00 AA 8.50 IES
Please refer to the **Entry Instructions** in the VA USA Gym Member Handbook – Section 5 - <https://vausag.com/va-state-handbook/> for full entry procedures.

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. **For IES and Graduating Seniors**, please send an email to vausagmeetentries@gmail.com with the events for the IES and names of graduating seniors. Also complete by Monday, February 23, 2026.

Entry Fee: \$130.00 per athlete payable to VAUSAG and mail to:
Steve Garman, VAUSAG SACC

Entry Deadline: **Monday, February 23, 2026.**

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.

VA USA Gym

Senior Bio Form: Go to the Virginia USA Gym State Meet Information page at <https://vausag.com/va-state-meet-information/> to find the link to the Senior Bio Form.
Clubs & Coaches please complete a VA Senior Bio Form for each graduating athlete to be recognized during the award ceremony at their VA State Meet.

Region 7 Championships Entry Procedures: Level 7 qualifies to Region 7 Championships by scoring a 35.00 AA or better at States. No IES.
Go to Region 7 website under "Meets" for updates & information.
<https://www.region7usagym.com/meets>

State of Virginia Regional Apparel Order Form:

Forthcoming

World Class – Electronic State Meet Graduating Senior Recognition Picture due to

World Class Contact: Monday, March 2nd, 2026

World Class – L5-6-7 Electronic State Meet Graduating Senior Slide Show. Please see information on page 7 of this packet.

Coaches: Coaches must be entered through USA Gymnastics' Meet Reservation System. Coaches must present current USAGym Professional Membership QR/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.

Meet Format: Modified Capital Cup

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.

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.

Gate Fees: CASH ONLY

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

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

Host Hotels:



Element Hampton Peninsula Town Center:

1851 Merchant Lane, Hampton, VA 23666

Event Summary:

VA State Championships 5-6-7 Attendees

Start Date: Friday, March 20, 2026

End Date: Sunday, March 22, 2026

Hotel(s) offering your special group rate:

- Element Hampton Peninsula Town Center for 149.00 USD per night - Last Day to Book : Friday, February 27, 2026

[Book your group rate for VA State Championships 5-6-7 Attendees](#)



Hyatt Place Hampton Convention Center, 1905 Coliseum Dr, Hampton VA 23666 Level 5-6-7 .
Two queen beds with sofa sleeper, \$159/night plus fees.

https://www.hyatt.com/shop/rooms/orfzh?location=Hyatt%20Place%20Hampton%20Convention%20Center&checkinDate=2026-03-20&checkoutDate=2026-03-22&rooms=1&adults=1&kids=0&corp_id=G-GYM5

Holiday Inn Express



Coliseum Central 1813 West Mercury Blvd, Hampton VA 23666

567 State Championship: \$139/night plus fees for king/sofa or double beds

<https://www.ihg.com/redirect?path=rates&brandCode=EX&localeCode=en®ionCode=1&hotelCode=phfhv&checkInDate=20&checkInMonthYear=022026&checkOutDate=22&checkOutMonthYear=022026&PMID=99801505&GPC=FSS&cn=no&adjustMonth=false&showApp=true&monthIndex=00>

2026 VA State Championships: Levels 5-6-7

World Class Electronic

Graduating Seniors Slide Show

No charge for graduating seniors!

Graduating Seniors:

Please email a HEAD SHOT so that we can include you in the senior slide show. Email to worldclassprograms@outlook.com. In the subject line write, SENIOR and your name. In the body of the email, write (1.) your name, (2.) your team, (3.) your high school's name and (4.) name of the college you will be attending if you know already. Please read the rest of the form for general information about pictures. No charge to be included in the Senior slide show.

Deadline Monday, March 2, 2026.

We would like to include every graduating senior at NO charge!

World Class Gymnastics would like to recognize all graduating seniors

Remember to email worldclassprograms@outlook.com. No later than Monday, March 2, 2026. Please follow the directions so we can clearly identify the graduating senior and the teams.

Pictures must be at least 300dpi. Provide final ads in these formats: pdf, Microsoft Word, PowerPoint or Publisher. The quality picture supplied will determine the clarity in the slide show.

Special reminder to Graduating Seniors:

Remember to complete the Senior Bio Form, too.

To get the Senior Bio Form:

Go to the Virginia USA Gym State Meet Information page at <https://vausag.com/va-state-meet-information/> to find the link to the Senior Bio Form.

Restaurants and Activities

Restaurants, Shopping and Movies:

The Boo Williams Sportsplex is located in Coliseum Central area and near Peninsula Town Center, a premier new-style shopping center with shops and restaurants.

www.peninsulatowncenter.com In Coliseum Central there are plenty of malls, restaurants and activities. To see shops and activities in Hampton, go to www.visithampton.com.

Williamsburg and surrounding areas have tons of shopping and quality outlet malls. People travel from far and wide to shop in Williamsburg. www.visitwilliamsburg.com Williamsburg is an easy 20 to 30 minute drive. Go West on I64 and follow the signs.

Activities:

Yorktown and Jamestown are both historic and fun. Yorktown is about 15 minutes and Jamestown is about 35 minutes away. For more information, go to www.historyisfun.org.

Colonial Williamsburg is both a place of history and shops and restaurants, and about 30 minutes away. To learn more about the historical part, go to www.history.org. For shops and restaurants within Colonial Williamsburg and across from the College of William and Mary, go to www.merchantsquare.org.

Virginia Beach is fun any time of year. It is about 45 minutes to the resort/board walk area. For more information, go to www.vbfun.com.

Busch Gardens Williamsburg is OPEN on the L5-6-7 State Championships weekend. Busch Gardens is about 20 minutes away. For more info go to [Amusement Park, Rides, Attractions & Animal Encounters - Williamsburg, Virginia | Busch Gardens](#).

Come for the CHAMPIONSHIPS, but have a little fun in our area too!



<http://www.boowilliamssportsplex.com/>

Boo Williams Sportsplex is located at the intersection of Armistead Ave and Hampton Roads Center Parkway. 5 Armistead Pointe Parkway, Hampton, VA 23666.

<http://www.boowilliamssportsplex.com/> look under *Plan Your Visit*

For people traveling from Williamsburg and Points North

1. Take I-64E
2. Take exit 261B for Hampton Roads Center Parkway E
3. Merge onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

For people traveling from Suffolk, Chesapeake

1. Take I-664 North toward Newport News
2. Merge onto I-64 West via exit 1A on the Left toward Williamsburg/Richmond
3. Merge onto VA-134 N/MAGRUDER BLVD. via exit 262B toward NASA/Poquoson
4. Turn Right on Hardy Cash Drive
5. Turn Left on Coliseum Drive
6. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

For people traveling from Norfolk, VA BEACH

1. Begin on I-64 West toward Hampton/Richmond
2. Merge onto VA-134 North/MAGRUDER BLVD via exit 262B toward NASA/Poquoson
3. Turn Right onto Hardy Cash Dr.
4. Turn Left onto Coliseum Drive
5. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.