



VA XCEL
STATE
GYMNASTICS CHAMPIONSHIPS
BRONZE AND SILVER

Welcome to the jungle

Hosted by:

All American Gymnastics
& Aerial East Gymnastics

MAY | 8-10 | 2026

📍 Farm Bureau Center at
Meadow Event Park
13191 Dawn Blvd. Doswell, Virginia

AGE GROUP	ONE DAY PASS	TWO DAY PASS
Under 12	FREE	FREE
12 years and older	\$10.00	\$15.00
Seniors	\$5.00	\$10.00

2026 Xcel Bronze & Silver State Championships

May 8-10, 2026

General Information

Venue

The Farm Bureau Building
Meadow Event Park
13191 Dawn Rd.
Doswell, VA 23047

Contact Information

Steve Garman, VAUSAG Chair
3116 Knoll Drive
Falls Church, VA 22042
(703) 241-1803
vausag@gmail.com

Host Clubs

Aerial East Gymnastics
www.AerialEastGym.com / www.AerialEast.com
(804) 723-5264

All American Gymnastics Academy
www.allamericangymnastics.com / www.allamericangymnastics.com
(804) 723-5264

Meet Director

Tiffany Kirkham
tiffany@aerialeastgym.com

Please direct all questions to Steve Garman

Session Schedule

Will be posted at www.vausag.com a minimum of 4 weeks prior to the competition.

Coaches Meetings

Held at the beginning of each session.

Coaches Sign-In

Coaches will be asked to show their USA Gymnastics Professional Member card at sign-in.

Please be sure all requirements are current: MEMBERSHIP, SAFETY CERTIFICATION, BACKGROUND CHECK and U100. It is best if all coaches that are attending the competition are also registered through the USA Gymnastics Meet Reservation System.

Purpose of State Meets

The purpose of the Xcel State Meets in Virginia is to provide a culminating competition in the format of a championship event for the Virginia gymnasts and their teams who have met the qualification guidelines set forth by the State Administrative Committee.

State Championships are set up according to the USA Gymnastics Women's Rules and Policies and the guidelines set forth by the National, Regional and Virginia State Administrative Committees.

Awards Presented at the Xcel Bronze & Silver Virginia State Meets:

Event achievement awards, age group event placement awards, age group all-around awards and team awards presented.

All state qualifiers who attend a state meet receive a state gift presented at the conclusion of the competitive season.

Gate Fees

Gate fees are charged to all state meets held in an outside facility. All gate fee rates for state meets are set by the Virginia State Administrative Committee.

State Meet Gate Fee Chart <i>*Charged in Outside Facilities</i>		
Age Group	One Day Pass	Weekend Pass
Under 12	FREE	FREE
12 years & older	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00

CASH ONLY

Entries and Registration Deadlines

IMPORTANT NOTE TO ALL CLUBS & COACHES: *It is imperative with the size of our VA Meet that all state entries be submitted in a timely manner in order to organize and inform the participating clubs as soon as possible of session assignments. Thank you for your attention in this matter. ONLY professional members who are coaching athletes who are competing in a session are allowed on the competition floor. Please plan accordingly.*

Gymnasts should be entered in their respective state meets at the club's earliest opportunity to aid in planning purposes, however, gymnasts are not considered entered until payment is received. Only www.usagym.org Club Administrators will be able to submit or modify entries.

VA STATE ENTRY PROCEDURES – ALL CLUBS MUST USE THE USA GYMNASTICS MEET RESERVATION SYSTEM TO ENTER THEIR STATE MEET.

USA Gymnastics mandated that State Meet entries must be processed through the Meet Reservation System (MRS). In order to make this system work, you must keep your club roster for both gymnasts and coaches up-to-date on www.usagym.org. Invitational competition hosts are strongly encouraged to post scores to www.myUSAGym.org to facilitate reporting of qualifying scores to the State Chair.

Club Administrators How To:

Step 1: Log on to the USA Gymnastics website

Step 2: Click on Member Services

Step 3: Click on Club Administration link located on the left-hand side

Step 4: From the drop click on Meet Reservations

Step 5: Scroll to the bottom and click on Search for Meets

Step 6: Select the Discipline Type and State

Step 7: Select the "Virginia Xcel Bronze/Silver State Championships"

Step 8: Complete the requested information

Step 9: Select the athletes and coaches that you wish to reserve a spot in the meet

Step 10: Click the submit button and review the information and click submit again to finalize the reservation.

Clubs are required to process all State Meet Participants (athletes and coaches) through the Meet Reservation System, by the Reservation Period Closes date posted.



Virginia State Entry & Club Requirements CHECKLIST:

- IMPORTANT NOTE TO ALL CLUBS & COACHES:** It is imperative that all clubs understand the size of our VA Meets and that ALL Level/Division State Entries be submitted in a timely manner to organize and inform the participating clubs as soon as possible of session day/time assignments. Thank you for your attention in this matter.
- Use the USA Gymnastics Meet Reservation System for all VA State Meet Entries.** Follow the entry chart on the next page.
- Reservation Closing Deadline: See Chart for each Level/Division.** Entering after this date add a \$25.00 late fee/athlete.
- Meet Refund Deadline: See Chart for each Level/Division** - after this date there is NO REFUND unless conditions outlined below are met.
- Scores** will be posted in real time via Meet Scores Online & My USA Gym.

Virginia State Meet Entry Guidance w/ USA Gym Meet Reservation System:

VA USA Gym follows the USA Gymnastics mandated processing of State Meet Entries through their online Meet Reservation System (MRS). In order to make this system work effectively, clubs must keep their online club profiles, athlete rosters and coaches rosters up-to-date with their athletes. Both qualify by achieving at least the minimum score or requirement listed below.

VA State Meet Entry Fee & Deadline Information <i>Make all Checks Payable to VAUSAG</i> <i>Clubs: Qualifying Scores are Required to Attend State Meets - Your Teams Entry is NOT complete until Fees are Paid & Received</i>					
State Meet <i>See Entry Fee Below. A \$25.00 late fee/ gymnast applies.</i>	Entry Fee	Host Club & Venue	Normal Entry Deadline: Initial "Reservation Period CLOSSES" Date (Monday, 11:59 PM)	Late Entry "Reservation Period OPENS" Date (Sunday, 12:00 PM)	Late Entry Deadline: Final "Reservation Period CLOSSES" Date (Wednesday, 11:59 PM)
Xcel Bronze & Silver May 8, 9 & 10, 2026 XB & XS - 34.00AA one time, IES-8.50 one time	XB-\$100 XS-\$130 per gymnast	Aerial East & All American (2 Gyms/3 Days) Meet Site: Farm Bureau Center Doswell, VA	4/13/2026	4/19/2026	4/29/2026
All Xcel Divisions Must Compete in a Minimum of One Sanctioned Meet Prior to State Meet. VA Meets Award Bronze & Silver Divisions Achievement Ribbons. A gymnast is not required to compete in the All-Around. If she chooses not to compete in the AA, she must touch the event(s) she is NOT competing.					

Note: The session schedule and athlete rosters for the competitions will be published within a few days following the initial entry deadline, if all mailed entries and entry fees are received in a timely manner.

Club Guidance for using USAGym MRS to enter and manage athlete and coach participation in Virginia USA Gymnastics State Meets.

Normal Entries:

- Clubs are required to submit reservations for all their State Meet participants (athletes and coaches) through the USA Gymnastics MRS by the initial "Reservation Period Closes" date as indicated on the specific meet sanction webpages, and shown in the table above.
- Go to: Member Services - to: Club Administration - to: "Meet Reservations" & Search for meets Enter your team, coaches & athletes via the USA Gym Meet Reservation System.

3. Only authorized Club Administrators have access to submit, revise, or cancel reservations using the MRS.
4. Clubs should print a copy of the MRS confirmation email they receive and include it with their entry payment check payable to VAUSAG and send it to the address below to be considered entered in that state meet.
5. Final payment must include late fees due and be postmarked by the normal entry deadline. Once the initial "Reservation Period Closes" date is reached, the MRS will not accept further reservations for athletes or coaches for approximately one week.

Payments: [See Entry Fee on Chart Below](#) - Make all Parent Club or Gym Checks ONLY payable to: **VAUSAG**

Entries: Please mail the paper copy of all entries and payments to:
Steve Garman, Virginia State Chairman
3116 Knoll Drive
Falls Church, VA 22042

Late Entries:

The MRS will accept late athlete reservations and additional coach reservations beginning at 12 Noon on the Sunday following the closing of the initial reservation period.

Late Entry Deadline:

This late registration period will then close at midnight two Wednesdays before the state meet weekend.

- Late athlete reservations submitted must add a \$25/athlete late fee in addition to the entry fee.
- Requests for additional athlete reservations/entry beyond this time must be directed to Steve Garman (vausag@gmail.com).
- Additional coach reservations needed beyond this date should be communicated to Steve Garman and Rex Lacy at vausagMeetEntries@gmail.com.

Refunds, Cancellations/Scratches:

Refunds:

The athlete scratch deadline for being entitled to a refund or credit is the normal entry deadline, which is the first "Reservation Period Closes" date.

- These athlete cancellations must be submitted through the MRS by this date to be eligible for a refund or credit.
- Requests for refunds for athlete scratches after this date should be directed to vausag@gmail.com.
- Requests due to injury will be considered on a case by case basis with medical documentation explaining why the athlete cannot compete in the meet.
- These medically-based scratch refund requests will be considered up to **10 days prior to the first day of competition, but not afterwards.**

Venue Information

The Farm Bureau Building
Meadow Event Park
13191 Dawn Rd.
Doswell, VA 23047

Directions to Meadow Event Park

From I-95, take Exit 98 (Doswell) and travel 1.5 miles east on state Route 30. The main entrance to The Meadow Event Park will be on your left. Proceed through the first gate on your left. Plentiful parking is available. Competition will be held on Side B of The Meadow Event Park. This is the side opposite the gate entered.

Alternate Routes

- Take US Route 301 to State Route 30. Travel about 3 miles west on Route 30. The main entrance to The Meadow Event Park will be on your left.
- Take US Route 1 to State Route 30. Travel about 2 miles on Route 30. The main entrance to The Meadow Event Park will be on your left.



Host Hotels



Fairfield Inn & Suites of Ashland

11625 Lakeridge Parkway
Ashland, Virginia 23005
12 Miles from Venue

Starting at \$145/night

Click [HERE](#) for Reservations

Free Hot Breakfast
Fitness Center
Free WiFi

Deadline to reserve rooms at block
rate 4/17/26



Avid Hotel, Richmond North

10261 Washington Highway
Glen Allen, VA 23059
15 Miles from Venue

Starting at \$165/night

Click [HERE](#) for Reservations

Free Hot Breakfast
Indoor Pool
Fitness Center
Free WiFi

Deadline to reserve rooms at block
rate 4/24/26

Explore Richmond

Richmond offers lots to explore and do while on your visit to the capital of the Commonwealth. Here are just a few ideas!



Lewis Ginter Botanical Gardens (1800 Lakeside Avenue; Richmond, VA)

Open 9 AM-5 PM daily and offers a unique experience with children's garden and BUTTERFLIES LIVE! An amazing exhibit where you can get up close and personal with hundreds of butterflies. Admission: Adults \$17 / Children (3-12) \$8 / Children (under 3) Free

Maymont (1700 Hampton Street / Richmond, VA)

A 100 acre public park that offers an arboretum, gardens, wildlife exhibits, children's farm and more. Admission to the grounds is free. Suggested admission to the wild life exhibits \$5/person. Admission to Nature and Visitors Center: Adults \$8 / Children (3-16) \$6 / Children (2 & under) Free. Open daily 10 AM-5 PM.

Belle Isle

A free 54-acre public park in the James River that is accessible by a foot bridge from Tredegar Street and features wooded trails, mountain biking, and rock climbing. A local favorite for the outdoor enthusiast.

Virginia Museum of Fine Arts (VMFA) (200 N Boulevard; Richmond, VA)

A free museum that is open 365 days a year. Weekend hours from 10 AM-5 PM.

Kings Dominion (16000 Theme Park Way; Doswell, VA)

An amusement park located in Doswell, VA – practically across the street! Open weekends starting in April.