



**2024 VA Women's Xcel State Championships
Silver - Gold
Session Times**

Friday, May 10th

<u>Gym A</u>			<u>Gym B</u>		
Session 1	1:00 PM	Open Stretch	Session 1	3:00 PM	Open Stretch
Silver	4:00 PM	Awards	Gold	6:15 PM	Awards
Ages: 9-Jr1 and Younger			Ages: 11-Jr1 and Younger		
Session 2	4:15 PM	Open Stretch			
Silver	7:00 PM	Awards			
Ages: 9-Jr2 to 9-Sr2					

Saturday, May 11th

<u>Gym A</u>			<u>Gym B</u>		
Session 3	8:00 AM	Open Stretch	Session 2	8:30 AM	Open Stretch
Silver	11:00 AM	Awards	Gold	12:00 PM	Awards
Ages: 9-Sr3 to 10-Jr5			Ages: 11-Jr2 to 11-Sr3		
Session 4	11:15 AM	Open Stretch	Session 3	12:15 PM	Open Stretch
Silver	2:15 PM	Awards	Gold	3:30 PM	Awards
Ages: 10-Jr6 to 10-Sr4			Ages: 12-Jr1 to 12-Sr1		
Session 5	2:30 PM	Open Stretch	Session 4	3:45 PM	Open Stretch
Silver	5:30 PM	Awards	Gold	6:30 PM	Awards
Ages: 10-Sr5 to 11-Jr4			Ages: 12-Sr2 to 13-Jr1		
Session 6	5:45 PM	Open Stretch			
Silver	8:45 PM	Awards			
Ages: 11-Jr5 to 11-Sr4					

Sunday, May 12th

<u>Gym A</u>			<u>Gym B</u>		
Session 7	8:00 AM	Open Stretch	Session 5	8:30 AM	Open Stretch
Silver	11:00 AM	Awards	Gold	11:45 AM	Awards
Ages: 11-Sr5 to 12-Sr1			Ages: 13-Jr2 to 13-Sr3		
Session 8	11:15 AM	Open Stretch	Session 6	12:00 PM	Open Stretch
Silver	1:45 PM	Awards	Gold	2:30 PM	Awards
Ages: 12-Sr2 to 13-Jr2			Ages: 14-Jr1 to 14-Sr1		
Session 9	2:00 PM	Open Stretch	Session 7	2:45 PM	Open Stretch
Silver	4:30 PM	Awards	Gold	5:30 PM	Awards
Ages: 13-Jr3 and Older			Ages: 14-Sr2 and Older		

Live scoring will be available at MeetsScoresOnline.com and myUSAgym.com

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