



**2025 VA Women's Xcel State Championships
Bronze and Silver
Session Times**

Friday, May 9th

<u>Gym A</u>			<u>Gym B</u>		
Session 1	11:00 AM	Open Stretch	Session 1	11:30 AM	Open Stretch
Bronze	1:00 PM	Awards	Silver	2:00 PM	Awards
Ages: 7-Jr3 and Younger			Ages: 9-Jr1 and Younger		
Session 2	1:30 PM	Open Stretch	Session 2	2:30 PM	Open Stretch
Bronze	4:00 PM	Awards	Silver	5:00 PM	Awards
Ages: 7-Jr4 to 8-Jr2			Ages: 9-Jr2 to 9-Sr2		
Session 3	4:30 PM	Open Stretch	Session 3	5:30 PM	Open Stretch
Bronze	7:00 PM	Awards	Silver	8:00 PM	Awards
Ages: 8-Jr3 to 8-Sr2			Ages: 9-Sr3 to 10-Jr4		

Saturday, May 10th

<u>Gym A</u>			<u>Gym B</u>		
Session 4	9:30 AM	Open Stretch	Session 4	8:00 AM	Open Stretch
Bronze	12:00 PM	Awards	Silver	10:45 AM	Awards
Ages: 8-Sr3 to 9-Jr2			Ages: 10-Jr5 to 10-Sr3		
Session 5	12:30 PM	Open Stretch	Session 5	11:15 AM	Open Stretch
Bronze	3:00 PM	Awards	Silver	2:00 PM	Awards
Ages: 9-Jr3 to 9-Sr3			Ages: 10-Sr4 to 11-Jr3		
Session 6	3:30 PM	Open Stretch	Session 6	2:30 PM	Open Stretch
Bronze	6:00 PM	Awards	Silver	5:15 PM	Awards
Ages: 9-Sr4 to 10-Jr4			Ages: 11-Jr4 to 11-Sr3		
			Session 7	5:45 PM	Open Stretch
			Silver	8:00 PM	Awards
			Ages: 11-Sr4 to 12-Jr2		

Sunday, May 11th

<u>Gym A</u>			<u>Gym B</u>		
Session 7	9:30 PM	Open Stretch	Session 8	8:45 AM	Open Stretch
Bronze	12:00 PM	Awards	Silver	11:15 AM	Awards
Ages: 10-Sr1 to 11-Jr2			Ages: 12-Jr3 to 12-Sr4		
Session 8	12:30 PM	Open Stretch	Session 9	11:45 AM	Open Stretch
Bronze	2:30 PM	Awards	Silver	1:45 PM	Awards
Ages: 11-Jr3 to 12-Jr1			Ages: 13-Jr1 to 13-Sr1		
Session 9	3:00 PM	Open Stretch	Session 10	2:15 PM	Open Stretch
Bronze	4:45 PM	Awards	Silver	4:15 PM	Awards
Ages: 12-Jr2 and Older			Ages: 13-Sr2 and Older		

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

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