



**2025 VA Women's Xcel State Championships  
Gold-Platinum-Diamond-Sapphire  
Session Times**

**Friday, May 2nd**

<b><u>Gym A</u></b>			<b><u>Gym B</u></b>		
<b>Session 1</b>	1:00 PM	Open Stretch	<b>Session 1</b>	1:45 PM	Open Stretch
<b>Platinum</b>	4:00 PM	Awards	<b>Gold</b>	4:45 PM	Awards
<b>Ages: 13-Jr1 and Younger</b>			<b>Ages: 10-Sr1 and Younger</b>		
<b>Session 2</b>	4:30 PM	Open Stretch	<b>Session 2</b>	5:15 PM	Open Stretch
<b>Platinum</b>	7:30 PM	Awards	<b>Gold</b>	8:15 PM	Awards
<b>Ages: 13-Jr2 to 14-Jr1</b>			<b>Ages: 10-Sr2 to 11-Jr4</b>		

**Saturday, May 3rd**

<b><u>Gym A</u></b>			<b><u>Gym B</u></b>		
<b>Session 3</b>	8:30 AM	Open Stretch	<b>Session 3</b>	9:15 AM	Open Stretch
<b>Platinum</b>	11:15 AM	Awards	<b>Gold</b>	12:30 PM	Awards
<b>Ages: 14-Jr2 to 14-Sr2</b>			<b>Ages: 11-Sr1 to 12-Jr2</b>		
<b>Session 4</b>	11:45 AM	Open Stretch	<b>Session 4</b>	1:00 PM	Open Stretch
<b>Platinum</b>	3:15 PM	Awards	<b>Gold</b>	4:15 PM	Awards
<b>Ages: 15-Jr1 to 16-Jr1</b>			<b>Ages: 12-Jr3 to 12-Sr2</b>		
<b>Session 5</b>	3:45 PM	Open Stretch	<b>Session 5</b>	4:45 PM	Open Stretch
<b>Platinum</b>	6:45 PM	Awards	<b>Gold</b>	8:00 PM	Awards
<b>Ages: 16-Jr2 and Older</b>			<b>Ages: 12-Sr3 to 13-Jr3</b>		

**Sunday, May 4th**

<b><u>Gym A</u></b>			<b><u>Gym B</u></b>		
<b>Session 6</b>	8:30 AM	Open Stretch	<b>Session 6</b>	9:00 AM	Open Stretch
<b>Diamond</b>	11:15 AM	Awards	<b>Gold</b>	12:15 PM	Awards
<b>Ages: 15-Sr and Younger</b>			<b>Ages: 13-Jr4 to 13-Sr4</b>		
<b>Session 7</b>	11:45 AM	Open Stretch	<b>Session 7</b>	12:45 PM	Open Stretch
<b>Diamond</b>	2:30 PM	Awards	<b>Gold</b>	3:30 PM	Awards
<b>Ages: 16-Jr1 to 17-Jr1</b>			<b>Ages: 14-Jr1 to 14-Sr2</b>		
<b>Session 8</b>	3:00 PM	Open Stretch	<b>Session 8</b>	4:00 PM	Open Stretch
<b>Diamond / Sapphire</b>	5:45 PM	Awards	<b>Gold</b>	6:45 PM	Awards
<b>Diamond Ages: 17-Jr2 and Older</b>			<b>Ages: 15-Jr1 and Older</b>		
<b>Sapphire Ages: All</b>					

*Live scoring will be available at [MeetScoresOnline.com](http://MeetScoresOnline.com) and [myUSAgym.com](http://myUSAgym.com)*

*Schedule subject to change due to late entries and scratches.  
Check for updates at [vausag.com](http://vausag.com)*