



**2026 VA Women's Xcel State Championships
Bronze and Silver
Session Times**

Friday, May 8th

<u>Gym A</u>			<u>Gym B</u>		
Session 1	1:00 PM	Open Stretch	Session 1	11:30 AM	Open Stretch
Bronze	3:30 PM	Awards	Silver	2:00 PM	Awards
Ages: 7-Sr1 and Younger			Ages: 9-Jr2 and Younger		
Session 2	4:00 PM	Open Stretch	Session 2	2:30 PM	Open Stretch
Bronze	6:30 PM	Awards	Silver	5:00 PM	Awards
Ages: 7-Sr2 to 8-Jr4			Ages: 9-Jr3 to 9-Sr3		
			Session 3	5:30 PM	Open Stretch
			Silver	8:00 PM	Awards
			Ages: 9-Sr4 to 10-Jr4		

Saturday, May 9th

<u>Gym A</u>			<u>Gym B</u>		
Session 3	9:00 AM	Open Stretch	Session 4	8:30 AM	Open Stretch
Bronze	11:30 AM	Awards	Silver	11:00 AM	Awards
Ages: 8-Jr5 to 8-Sr4			Ages: 10-Jr5 to 10-Sr3		
Session 4	12:00 PM	Open Stretch	Session 5	11:30 AM	Open Stretch
Bronze	2:30 PM	Awards	Silver	2:00 PM	Awards
Ages: 8-Sr5 to 9-Jr5			Ages: 10-Sr4 to 11-Jr3		
Session 5	3:00 PM	Open Stretch	Session 6	2:30 PM	Open Stretch
Bronze	5:30 PM	Awards	Silver	5:00 PM	Awards
Ages: 9-Jr6 to 9-Sr5			Ages: 11-Jr4 to 11-Sr2		
Session 6	6:00 PM	Open Stretch	Session 7	5:30 PM	Open Stretch
Bronze	8:30 PM	Awards	Silver	8:00 PM	Awards
Ages: 10-Jr1 to 10-Sr1			Ages: 11-Sr3 to 12-Jr2		

Sunday, May 10th

<u>Gym A</u>			<u>Gym B</u>		
Session 7	8:30 AM	Open Stretch	Session 8	9:00 AM	Open Stretch
Bronze	11:00 AM	Awards	Silver	11:30 AM	Awards
Ages: 10-Sr2 to 11-Jr3			Ages: 12-Jr3 to 12-Sr3		
Session 8	11:30 AM	Open Stretch	Session 9	12:00 PM	Open Stretch
Bronze	1:15 PM	Awards	Silver	2:15 PM	Awards
Ages: 11-Sr1 to 12-Jr1			Ages: 12-Sr4 to 13-Sr1		
Session 9	1:45 PM	Open Stretch	Session 10	2:45 PM	Open Stretch
Bronze	3:30 PM	Awards	Silver	5:00 PM	Awards
Ages: 12-Jr2 and Older			Ages: 13-Sr2 and Older		

*Live scoring will be available at MeetScoresOnline.com, ScoreCatOnline.com
and the [ScoreCat phone app](#)*

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