



Hampton

CONVENTION & VISITOR BUREAU

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Hampton Roads Convention Centers Hosts
2018 USA Gymnastics (USAG) VA Women's XCEL State
Championship
May 18-20

--An estimated 1650 gymnasts and 8,000 spectators expected to attend weekend gymnastics event--

Hampton, VA- Front hand “spring” into fun at the 2018 USAG VA Women’s XCEL State Gymnastics Championship, the largest state gymnastics meet to take place in the state of Virginia, happening at Hampton Roads Convention Center May 18-20. The women’s gymnastics event is expected to draw 1,650 athletes and over 8000 spectators.

“The 2018 USAG VA Women’s XCEL State Gymnastics Championship is designed to offer a broad-based, affordable competitive experience outside of the Junior Olympic Program,” said Wendy Hylton of Gymnastics, Inc. “There are four levels of competition:

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Silver, Gold, Platinum, and Diamond. The requirements and competition become harder as the levels progress.”

Competition will take place in four events:

Balance Beam

Balance Beam, commonly referred to as “beam,” is a gymnastics event in which a narrow wooden beam supported in a horizontal position (approximately four feet above the floor) is used for balancing acts.

Floor

The floor completion is a gymnastic event that consists of various jumps, somersaults, flips, handstands, and more.

Vaulting

Vaulting is a gymnastics event in which the gymnast runs, gathers momentum, and uses a springboard to vault over an apparatus, performing various acrobatic moves while in the air.

Uneven Bars

Uneven bars is a gymnastics event which a routine is completed using different heights

2018 USAG VA Women's XCEL State Gymnastics Championship

May 18-20, 2018

Friday, May 18

Gym 1

Session 1

Silver Level

Ages 6 &7, 8-Jr, 8-Sr, 9-Jr1

Stretch- 8:30 a.m.

Awards- 11:00 a.m.

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Session 2

Silver Level

Ages: 9-Jr2, 9-Jr3, 9-Sr1, 9-Sr 2

Stretch- 11:15 a.m.

Awards- 1:45 p.m.

Session 3

Silver Level

Ages: 10-Jr1, 10-Jr2, 10-Jr3, 10-Jr 4

Stretch- 2:00 p.m.

Awards- 4:30 p.m.

Session 4

Silver Level

Ages: 10-Sr1, 10-Sr2, 10-Sr3, 11-Jr1

Stretch- 4:45 p.m.

Awards- 7:15 p.m.

Gym 2

Session 1

Gold Level

Ages: 8&9, 10-Jr1, 10-Jr2, 10-Sr

Stretch- 9:15 a.m.

Awards- 12:15 p.m.

Session 2

Gold Level

Ages: 11-Jr1, 11-Jr2, 11-Jr3, 11-Sr1

Stretch- 12:30 p.m.

Awards- 3:30 p.m.

Session 3

Gold Level

Ages: 11-Sr2, 12-Jr1, 12-Jr2, 12-Jr3

Stretch- 3:45 p.m.

Awards- 6:45 p.m.

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Saturday, May 19

Gym 1

Session 5
Silver Level
Ages: 11-Jr2, 11-Jr3, 11-Jr4, 11-Sr1
Stretch: 8:00 a.m.
Awards: 10:30 a.m.

Session 6
Silver Level
Ages: 11-Sr2, 11-Sr3, 12-Jr1, 12-Jr2
Stretch: 10:45 a.m.
Awards: 1:15 p.m.

Session 7
Silver Session
Ages: 12-Jr3, 12-Sr1, 12-Sr2, 12-Sr3, 13-Jr1
Stretch: 1:30 p.m.
Awards: 4:30 p.m.

Session 8
Silver Level
Ages: 13-Jr2, 13-Sr, 14-Jr, 14-Sr, 15 & Older

Stretch: 4:45 p.m.
Awards: 7:15 p.m.

Gym 2

Session 4
Gold Level
Ages: 12-Sr1, 12-Sr2, 12-Sr3, 13-Jr1

Stretch: 8:45 a.m.
Awards: 11:45 a.m.

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Session 5

Platinum Level

Ages: 10 & 11, 12-Jr, 12-Sr, 13-Jr1

Stretch: 12:00 p.m.

Awards: 3:00 p.m.

Session 6

Platinum Level

Ages: 13-Jr2, 13-Sr, 14-Jr1

Stretch: 3:45 p.m.

Awards: 6:45 p.m.

Sunday, May 20

Gym 1

Session 9

Gold Level

Ages: 13-Jr2, 13-Jr3, 13-Sr1, 13-Sr2

Stretch: 8:45 a.m.

Awards: 11:45 a.m.

Session 10

Gold Level

Ages: 13-Sr3, 14-Jr1, 14-Jr2, 14-Sr

Stretch: 12:00 p.m.

Awards: 3:00 p.m.

Session 11

Gold Level

Ages: 15-Jr, 15-Sr, 16, 17 & Older

Stretch- 3:15 p.m.

Awards- 5:45 p.m.

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Gym 2

Session 7

Platinum Level

Ages: 14-Jr2, 14-Sr, 15-Jr

Stretch- 8:00 a.m.

Awards- 11:00a.m.

Session 8

Platinum Level

Ages: 15-Sr, 16, 17, 18 & Older

Stretch- 11:15 a.m.

Awards- 2:15 p.m.

Session 9

Platinum Level

Ages: All

Stretch- 2:30 p.m.

Awards- 6:15 p.m.

Hours

Friday, May 18

12:00 p.m. – 9:00 p.m.

Saturday, May 19

7:00 a.m. – 9:00 p.m.

Sunday, May 20

7:00 a.m. – 7:30 p.m.

Cost

Adults

\$10 Day, \$20 Weekend

Children under 12

Free

Seniors

\$5 Day, \$10 Weekend

Hampton Roads Convention Center

1610 Coliseum Drive

Hampton, VA 23666

757/723-4966

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For more information on the 2018 USAG VA Women's Xcel State Gymnastic Championship, taking place May 18-May 20 at the Hampton Roads Convention Center, dial 757/723-4966 or visit www.vausag.com.

Partially bordered by the Hampton Roads harbor and Chesapeake Bay, Hampton, with the 344,000 sq. ft. Hampton Roads Convention Center and the award-winning Hampton Coliseum, is located in the center of Coastal Virginia and the Hampton Roads metropolitan area. Hampton is the site of America's first continuous English-speaking settlement, the site of the first arrival of Africans in English North America, and is home to such visitor attractions as the Virginia Air & Space Center, Fort Monroe National Monument, Hampton History Museum, harbor tours and cruises, Hampton University Museum, The American Theatre, among others.

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