

Time to *Shine*

Virginia Level 4/5 State Championships



2019 Level 4/5 State Championships

April 27-28, 2019

General Information

Venue

Meadow Event Park (Farm Bureau Center)
13191 Dawn Blvd.
Doswell, VA 23047

Contact Information

Steve Garman, VAUSAG Chair
3116 Knoll Drive
Falls Church, VA 22042
(703) 241-1803
vausag@gmail.com

Host Club

Aerial East Gymnastics
www.AerialEastGym.com / www.AerialEast.com
(804) 723-5264

Meet Director

Tiffany Kirkham
tiffany@aerialeastgym.com
Please direct all questions to Steve Garman

Session Schedule

Will be posted at www.vausag.com a minimum of 4 weeks prior to the competition

Coaches Meetings

Held at the beginning of each session.

Coaches Sign-In

Coaches will be asked to show their USA Gymnastics Professional Member card at sign-in.
Please be sure all requirements are current: MEMBERSHIP, SAFETY CERTIFICATION, BACKGROUND CHECK and U100. It is best if all coaches that are attending the competition are also registered through the USA Gymnastics Meet Reservation System.

Purpose of State Meets

The purpose of the level 3-10 & Xcel State Meets in Virginia is to provide a culminating competition in the format of a championship event for the Virginia gymnasts and their teams who have met the qualification guidelines set forth by the State Administrative Committee.

State Championships are set up according to the USA Gymnastics Women's Rules and Policies and the guidelines set forth by the National, Regional and Virginia State Administrative Committees.

Awards Presented at the level 4 & 5 Virginia State Meets:

Level 4:

Event achievement awards, age group event placement awards, age group all-around awards and team awards presented.

Level 5:

Age group event placement awards, age group all-around awards and team awards are presented. Senior appreciation awards are presented to all graduating Virginia gymnasts.

All state qualifiers who attend a state meet receive a state gift presented at the conclusion of the competitive season.

Gate fees are charged to all state meets held in an outside facility. All gate fee rates for state meets are set by the Virginia State Administrative Committee.

2018-2019 State Meet Gate Fee Chart		
* Charged at outside facilities		
Age Group	One Day Pass	Two Day Pass
Under 12	FREE	FREE
12 years and Older	\$10.00	\$15.00
Seniors	\$5.00	\$10.00

Cash Only

Entries and Registration Deadlines

IMPORTANT NOTE TO ALL CLUBS & COACHES: *It is imperative with the size of our VA Meet that all state entries be submitted in a timely manner in order to organize and inform the participating clubs as soon as possible of session assignments. Thank you for your attention in this matter. ONLY professional members who are coaching athletes who are competition in a session are allowed on the competition floor. Please plan accordingly.*

Gymnasts must qualify according to the minimums in the State Handbook. The qualification scores for the 2018-2019 season are

- Level 4 – Minimum All Around Score of 33.5
- Level 5 – Minimum All Around Score of 33.0

Gymnasts should be entered in their respective state meets at the club's earliest opportunity to aid in planning purposes, however, gymnasts are not considered entered until payment is received. Only www.usagym.org Club Administrators will be able to submit or modify entries.

VA STATE ENTRY PROCEDURES – ALL CLUBS MUST USE THE USA GYMNASTICS MEET RESERVATION SYSTEM TO ENTER THEIR STATE MEET.

USA Gymnastics mandated that State Meet entries must be processed through the Meet Reservation System (MRS). In order to make this system work, you must keep your club roster for both gymnasts and coaches up-to-date on www.usagym.org. Invitational competition hosts are strongly encouraged to post scores to www.myUSAGym.org to facilitate reporting of qualifying scores to the State Chair.

Club Administrators How To:

- Step 1:** Log on to the USA Gymnastics website
- Step 2:** Click on Member Services
- Step 3:** Click on Club Administration link located on the left hand side
- Step 4:** From the drop click on Meet Reservations
- Step 5:** Scroll to the bottom and click on Search for Meets
- Step 6:** Select the Discipline Type and State
- Step 7:** Select the "Level 4/5 State Championships"
- Step 8:** Complete the requested information
- Step 9:** Select the athletes and coaches that you wish to reserve a spot in the meet
- Step 10:** Click the submit button and review the information and click submit again to finalize the reservation.



Clubs are **required** to process all State Meet Participants (athletes and coaches) through the Meet Reservation System, by the Reservation Period Closes date posted. (see below)

State Meet	Entry & Payment Postmark Deadline	Dead Period - No Entries	Late Entries Accepted - \$25 per gymnast late fee	Late Entry Deadline
Levels 8, 9, & 10 & IES	2/19/2019	2/20-2/26/19	2/27-3/6/19	3/6/19
Levels 6 & 7	2/25/2019	2/26-3/5/19	3/6-3/13/19	3/13/19
Levels 4 & 5	4/1/2019	4/2-4/8/19	4/9-4/17/19	4/17/19
Level 3	4/8/2019	4/9-4/15/19	4/16-4/24/19	4/24/19
Bronze	4/15/2019	4/16-4/22/19	4/23-5/1/19	5/1/19
Silver, Gold, Platinum, & Diamond	4/22/2019	4/23-4/29/19	4/30-5/7/19	5/7/19

Once the online Meet Reservation is complete, the Club Administrator MUST print a paper copy of the Meet Reservation confirmation email and include it with their entry payment by check to Steve Garman to be considered entered in that state meet. Final payment must be postmarked by the Reservation Period Close date.

Please mail the paper copy of all entries and payments to:

Steve Garman, Virginia State Chairman
3116 Knoll Drive Falls Church, VA 22042

Late Entries: Each reservation period will close 4 weeks from the first day of competition. Once the Reservation Period Closes date passes, the entry portal will close for one week. The system will re-open for late registrations until the Cancel Reservation Deadline date (10 days from the first competition date). All entries received during this period are assessed a \$25 late fee per gymnast. Any requests for registration after the 10 day deadline should be directed to Steve Garman (vausag@gmail.com).

The scratch deadline for refund/credit is the first Reservation Period Closes date. Scratches must be received through the Meet Reservation System by the Reservation Period Closes date to be eligible for a refund. Requests for refunds for scratches after this date should be directed to Steve Garman (vausag@gmail.com) and will only be considered if due to medical reasons and must include a medical note explaining why the athlete cannot compete. These medically-based scratch refund requests will be considered up to 10 days prior to the first day of competition. Any athlete scratches after the late entry deadline must be reported to Steve Garman and Rex Lacy (vausagmeetentries@gmail.com) as soon as identified.

The schedule for the competitions will be published 4 weeks out, or sooner, if all entries are received in a timely manner.



USA GYMNASTICS.
Sanctioned Event

The Farm Bureau Center at Meadow Event Park

(The State Fairgrounds of Virginia)
13048 Dawn Blvd.
Doswell, VA 23047

Directions to Meadow Event Park

From I-95, take Exit 98 (Doswell) and travel 1.5 miles east on state Route 30. The main entrance to The Meadow Event Park will be on your left. Proceed through the first gate on your left. Plentiful parking is available. Competition will be held on Side B of Meadow Event Park (the side opposite the gate you entered).

Alternate Routes

- Take U.S. Route 301 to State Route 30. Travel about 3 miles west on Route 30. The main entrance to The Meadow Event Park will be on your left.
- Take U.S. Route 1 to State Route 30. Travel about 2 miles east on Route 30. The main entrance to The Meadow Event Park will be on your left.

Host Hotels

 <p>Starting at \$119/night</p> <p><u>Fairfield Inn & Suites</u> 11625 Lakeridge Pkwy Ashland, VA 23005</p> <p>11.8 Miles from Venue</p> <p>Group Name: VA State Gymnastics Meet</p> <p>Free Hot Breakfast Indoor Pool Fitness Center Free WiFi</p> <p>Deadline to reserve rooms at block rate: 3/26/19</p>	 <p>Starting at \$119/night</p> <p><u>Hampton Inn</u> 705 England St Ashland, VA 23005</p> <p>9.2 Miles from Venue</p> <p>Group Name: Level 4/5 State Gymnastics Meet</p> <p>Free Hot Breakfast Outdoor Pool Fitness Center Free WiFi</p> <p>Deadline to reserve rooms at block rate: 3/26/19 at 3 PM</p>	 <p>Starting at \$139/night</p> <p><u>Country Inn & Suites</u> 11600 Lakeridge Pkwy Ashland, VA 23005</p> <p>12.3 Miles from Venue</p> <p>Group Name: State Gymnastics Meet – Level 4/5</p> <p>Free Hot Breakfast Heated Indoor Pool Fitness Center Free WiFi</p> <p>Deadline to reserve rooms at block rate: 4/5/19</p>	 <p>Starting at \$119/night</p> <p><u>Holiday Inn Express</u> 107 South Carter Road Ashland, VA 23005</p> <p>9.3 Miles from Venue</p> <p>Group Name: Level 4/5 State Gymnastics Meet</p> <p>Free Hot Breakfast Indoor Pool Fitness Center Free WiFi</p> <p>Deadline to reserve rooms at block rate 3/25/19</p>
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Explore Richmond

Richmond offers lots to explore and do while on your visit to the capital of the Commonwealth. Here are just a few ideas!



Lewis Ginter Botanical Gardens (1800 Lakeside Avenue; Richmond, VA)

Open 9 AM-5 PM daily and offers a unique experience with children's garden and BUTTERFLIES LIVE! An amazing exhibit where you can get up close and personal with hundreds of butterflies. Admission: Adults \$13 / Children (3-12) \$8 / Children (under 3) Free

Maymont (1700 Hampton Street / Richmond, VA)

A 100 acre public park that offers an arboretum, gardens, wildlife exhibits, children's farm and more. Admission to the grounds is free. Suggested admission to the wild life exhibits \$5/person. Admission to Nature and Visitors Center \$4 per person (ages 13-59) / \$3 per person (ages 4-12 and 60+). Open daily 10 AM-5 PM.

Belle Isle

A free 54-acre public park in the James River that is accessible by a foot bridge from Tredegar Street and features wooded trails, mountain biking, and rock climbing. A local favorite for the outdoor enthusiast.

Virginia Museum of Fine Arts (VMFA): 200 N Boulevard; Richmond, VA

A free museum that is open 365 days a year. Weekend hours from 10 AM-5 PM.

Kings Dominion (16000 Theme Park Way; Doswell, VA)

An amusement park located just a couple miles from the entrance to the Farm Bureau Center. Open weekends in April. For discount ticket information associated with the state meet visit www.AerialEast.com.

Good Luck Ads

Available to purchase for gymnasts, teams, family members and businesses. Give your gymnasts a shout out for her accomplishments! Please see attached Good Luck Ad form for information and instructions.

Information also available on the www.aerialeastgym.com website.

good luck

2019 Virginia USA Gymnastics
Level 4/5 State Championships

Advertisement Order Form

We are preparing a program booklet available for purchase especially for the Level 4/5 State Championships. This program will be viewed by hundreds of attendees!

Ad sizes available (check one):

- Quarter Page Ad (4.25" x 5.5"): \$25
- Half Page Ad (8.5" x 5.5"): \$50
- Full Page Ad (8.5" x 11"): \$100

Name/Business		Gymnast	
Address		City	State
Zip	Phone	Club	
E-Mail			

Ads should be submitted as black and white images.

Pictures must be at least 300 dpi in order for them to show up clearly in the program.

Ads must be in PDF, Microsoft Word, Microsoft Publisher, JPEG, PNG or BMP format.

Ads may be paid for by check

Faxed submissions will not be accepted.

All Ads must be received and paid in full by **April 5th, 2019.**

Send all ad artwork to boosterclub@erialeastgym.com include in the subject line

"Level 4/5 State Championship Ad."

Make Checks Payable to: Aerial East Booster Club

Send Payments to:

Aerial East Gymnastics (Include a copy of this form)

8800 Bell Creek Road

Mechanicsville VA 23116