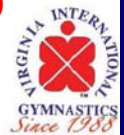




VAUSAG 3rd Level 4 and 5 Multi Sectional - March 13th and 14th, 2010
Hosted by Virginia International Gymnastics Schools, Inc.
Session Times, Coaches Needed and Athlete Numbers



Saturday, March 13, 2010

Session One - LEVEL FIVE - Stretch: 8-8:30 a.m. / March-in: 8:30 a.m. / Warm-up: 8:40 a.m. / Awards: 11:30 a.m.

Arl. Aerials - 1 coach, 11 athletes / Classics - 1 coach, 2 athletes / Gym Inc. - 1c, 5a / Gymquest - 1c, 10a / Gymini - 1c, 11a / Olympiad - 2c, 13a / POGA - 1c, 5a / Southside - 1c, 1a / Stafford - 1c, 6a / R. Twisters - 1c, 4a / Williamsburg - 1c, 6a / WISC - 1c, 6a

Session Two - LEVEL FOUR - Stretch: 12:30 p.m. / March-in: 1:00 p.m. / Warm-up: 1:10 p.m. / Awards: 3:30 p.m.

Arl. Aerials - 1 coach, 1 athlete / Apollo - 1 coach, 1 athlete / Blue Ridge - 1c, 1a / Capital - 1c, 2a / Elite - 1c, 1a / Fairfax - 1c, 1a / Gym Inc. - 1c, 8a / Loudon - 2c, 12a / Lynchburg - 1c, 1a / NVGA - 1c, 3a / R. Twisters - 1c, 3a / Shenandoah - 1c, 2a / Stafford - 1c, 1a / Va. Techniques - 1c, 4a / Woods - 2c, 13a / WISC - 1c, 9a / W. Class - 2c, 14a / Warrenton - 1c, 3a / YMCA Angels - 1c, 1a

Session Three - LEVEL FIVE - Stretch: 4:30 p.m. / March-in: 5:00 p.m. / Warm-up: 5:10 p.m. / Awards: 8:00 p.m.

Aerials East - 1 coach, 1 athlete / Apollo - 1 coach, 2 athletes / Elite - 1c, 2a / Blue Ridge - 1c, 3a / Capital - 1c, 8a / Fairfax - 1c, 3a / GMS - 1c, 4a / Loudon - 1c, 7a / Lynchburg - 1c, 1a / Paragon - 1c, 3a / River City - 1c, 2a / NVGA - 1c, 2a / Mecklenburg YMCA - 1c, 1a / Shenandoah - 1c, 2a / VIGS - 1c, 10a / Va. Techniques - 1c, 8a / Warrenton - 1c, 3a / Woods - 1c, 8a / W. Class - 1c, 3a / YMCA Angels - 1c, 7a

Sunday, March 14, 2010

!!! REMEMBER TO SET YOUR CLOCKS AHEAD ONE HOUR WHEN YOU GO TO BED SATURDAY NIGHT !!!

Session Four - LEVEL FOUR - Stretch: 8-8:30 a.m. / March-in: 8:30 a.m. / Warm-up: 8:40 a.m. / Awards: 11:00 a.m.

Botetourt - 1 coach, 3 athletes / Chantilly - 2 coaches, 18 athletes / Flipateers - 1c, 2a / Hurricane - 1c, 4a / King George - 1c, 4a / Olympiad - 3c, 30a / Novaks - 1c, 4a / Roanoke - 1c, 3a / Youth Sports - 2c, 12a

Session Five - LEVEL FIVE - Stretch: 12-12:30 p.m. / March-in: 12:30 p.m. / Warm-up: 12:40 p.m. / Awards: 3:50 p.m.

Apex - 3 coaches, 36 athletes / All American - 1 coach, 1 athlete / Botetourt - 1c, 2a / Cardinal - 1c, 8a / Chantilly - 2c, 18a / Competitive Edge - 1c, 2a / Hurricane - 1c, 3a / King George - 1c, 1a / Majik Saints - 1c, 4a / Novaks - 1c, 3a / Youth Sports - 1c, 7a

Session Six - LEVEL FOUR - Stretch: 4:50 p.m. / March-in: 5:20 p.m. / Warm-up: 5:30 p.m. / Awards: 7:50 p.m.

All American - 1 coach, 9 athletes / Cardinal - 2 coaches, 18 athletes / Creative Fitness - 1c, 1a / Aerials East - 1c, 5a / Competitive Edge - 1c, 5a / DDC - 1c, 4a / Fluvanna - 1c, 7a / Gymquest - 1c, 5a / Majik Saints - 1c, 4a / POGA - 1c, 7a / River City - 1c, 1a / VIGS - 1c, 8a / Williamsburg - 1c, 3a

- ***Be prepared to enter your State Meet qualifiers at the end of each session.***
- ***We will have State Meet entry forms and a copy of your Sectional entry available for you.***
- ***Have one Club or Booster Club check made payable to VAUSAG for the State Meet entry.***
- ***See State Meet entry details at vausag.com or the Virginia USAG State Handbook.***
- ***Meet results will be posted at vausag.com.***





3RD LEVEL 4 & 5 MULTI SECTIONAL MARCH 13 & 14, 2010

General Information

*More Information & Results will be posted on www.vigsgymnastics.com
and www.vausag.com.*

- Host:** Virginia International Gymnastics School
2400 Oak Lake Blvd - Midlothian, VA 23112
804-276-7039-Phone
804-739-0192-Fax
www.vigsgymnastics.com
- Hotels:** Hampton Inn, 3620 Price Club Blvd., Midlothian, VA 23112, 804-675-0000

Holiday Inn Express Brandermill
5030 West Village Green Dr., Midlothian, 804-744-7303

Super 8 Motel, 10300 Hull Street Rd., Midlothian, 804-276-3900
- Directions to VIGS:** **From D.C. :** I-95 South to Richmond, to Powhite Parkway (Rt. 76)
After the second toll booth (it is .75), proceed to the traffic light at Charter Colony Pkwy.
Turn left onto Charter Colony Pkwy., and proceed to 2nd light at Genito Road.
Turn left onto Genito Road, go through Fire Station light to next traffic light at
Oak Lake Blvd..

Turn left onto Oak Lake Blvd., and go about a half mile to 2400 Oak Lake Blvd..
The gym is the large tan and green building on the left.
- From Va. Beach:** I-64 West to I-95 South exit (exit sign will also say "5th Street")
Take I-95 South ¼ mile to Downtown Expressway to Powhite Parkway (Route 76).
After the third toll booth (it is .75), proceed to the traffic light at Charter Colony Pkwy.
Follow directions from line three above.
- From Charlottesville:** I-64 East to Route 288 toward Chesterfield.
Take Hull Street Road (Route 360) East towards Richmond.
Go to second light at Warbro Road and turn left onto Warbro.
Go through the first light at Genito Road and the road becomes Oak Lake Blvd.
Go about a half mile to 2400 Oak Lake Blvd. The gym is the large tan & green bldg on left.

QUALIFYING SCORES FROM SECTIONAL TO STATE:

- Level 4 Qualifying score of 33.00 AA
- Level 5 Qualifying score of 32.50 AA



2010 State Meet Entry Procedures for Levels 4 & 5

Level 4 & Level 5 Entry Requirements

- Level 4 Qualifying score of 33.00 AA
- Level 5 Qualifying score of **32.50 AA**
- Enter at the conclusion of Sectional Session
- 2010 Level 4 & 5 State Entry Fee - **\$75.00**

How to enter Level 4 & 5 Virginia State Meets

- Entry to the STATE meet MUST be made at the conclusion of your team's session at Sectionals. ONLY Gym or Parents Club checks made payable to **VAUSAG** accepted.
- Sectional Host Club will provide each club with their Sectional Results and a State Entry Form listing all their clubs State Qualifiers for approval and payment by coach.
- The Sectional Meet Director conducts a Coaches meeting at the conclusion of each session for the purpose of entering gymnasts to the State Meet. Sectional Meet Directors are responsible for collecting all payments. Original Sectional entry form must be available to participating club coaches.

Checklist for Level 4 & 5 State Meet Entries:

- State meet entries for all qualifiers must be approved by each team's head coach and returned with payment to the Sectional Meet Director.
- All checks MUST be made payable to **VAUSAG**.
- Only Gym or Parents Club checks are accepted. ONE check may be used to pay for ALL levels.
- Approved State Meet entries and fees for all gymnasts who qualify are due at each clubs final sectional session to the Sectional Meet Director.
- A late fee of \$25.00/gymnast applies if qualifying gymnasts are not entered at the conclusion of the sectional session your team attends, or if submitted state entry forms are incomplete.
- NO Pending Entries are allowed.

This information is taken directly out of the VAUSAG Club Handbook which can be found online at www.vausag.com.



PURPOSE OF SECTIONAL MEETS

The purpose of Sectional Meets is to qualify to the State Championships.

These meets are set up to run as efficiently as possible while allowing each team to have all of their gymnasts, regardless of level or age, compete at the same time. The following awards are presented during and at the conclusion of each session:

Levels 4 & 5 receive individual event achievement ribbons at the conclusion of each routine performed per USAG guidelines as follows:

Blue ribbon:	9.000 & above
Red ribbon:	8.000-8.975
White ribbon:	7.500-7.975
Yellow ribbon:	7.000-7.475
Green ribbon:	6.975 & below



Levels 4 & 5 receive a Virginia Sectional All-Around Achievement Medal at the conclusion of each session based on the following All-Around totals:

Level 4 & 5

<u>Blue ribbon medal:</u>	<u>36.000 A.A. & Above</u>
<u>Red ribbon medal:</u>	<u>35.975-33.500 A.A.</u>
<u>White ribbon medal:</u>	<u>33.475 A.A & below</u>

All-Around scores announced at Sectionals represent the gymnasts' ranking in that session ONLY and do not give an accurate representation of their placement in the state.

No event or all around placement awards are given.

To see a complete ranking of all gymnasts in each age group competing at the sectional meet, please refer to the VAUSAG website on the day following the last session of competition at www.VAUSAG.com.

Gate Fees may be charged to all Sectionals held in an outside facility. All gate fees to Sectional & State meets are set by the Virginia State Administrative Committee.

Sectional Hosts should include this statement in their programs.



This information is taken directly out of the VAUSAG Club Handbook which can be found online at www.vausag.com.