



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

Friday, May 2nd

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

Saturday, May 3rd

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

Sunday, May 4th

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

Live scoring will be available at [MeetScoresOnline.com](https://www.meetscoresonline.com) and [myUSAgym.com](https://www.myUSAgym.com)

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