



# 2024 USA Gymnastics Trampoline & Tumbling Virginia State Championship

**DATE:** Saturday - April 6, 2024

**LOCATION:** Paint Branch High School

14121 Old Columbia Pike, Burtonsville, MD 20866

**MEET DIRECTOR:** Carla He

**Phone:** 571-246-3760

**E-mail:** carlajhe@gmail.com

**EVENTS:** Individual Trampoline ( Levels 1-Elite)

Individual Tumbling ( Levels 1-Elite)

I Individual Double Mini Trampoline (Levels 1-Elite)

**EQUIPMENT:** (1) Euro Trampolines;

(1) Double-Mini Trampoline (Euro DMT)

(1) Rod Floor (84' with 33' run up)

**ENTRY FEE:** All Disciplines \$115

**\*\*This event is run by volunteers from all member teams. Add \$45 per athlete for your team's volunteer deposit, which will be refunded if your team's participation quota is met.**

**\*\*Two Separate checks**

**\*\*Please postdate the Volunteer deposit for April 6th and mark on the memo line on the memo line**

**\*\* Check payable to: USA Gymnastics (USAG).**

**Please mail your check to:**

Carla He  
545 McArthur Ter NE .  
Leesburg, VA 20176

**ENTRY DEADLINE:** Saturday, March 9, 2024

\*\* Please use [usagym.org](https://usagym.org) reservation system\*\*

LATE FEE: \$30 per athlete after March 9

CHANGE FEE: \$25 per change after March 23

Please send accurate registrations and verify team roster reports!

GATE FEE: \$15 for 12 & Over (Cash Only)

**AWARDS:** Official State Medals 1st – 3rd, Ribbons 4th to 8th Place

**VOLUNTEERS:** We need ALL HANDS-ON DECK to make this event successful. We are asking assistance in 2 ways: 1) work either set up, 2) work sessions during the meet  
Please note: \*\*All Elite Athletes must volunteer if they are to be considered for state monetary consideration\*\*

1 – 5 registered athletes = 3 person

6 - 10 registered athletes = 6 people

11-15 registered athletes = 10 people

16 – 20 registered athletes = 15 people

21 - 30 registered athletes = 18 people

30+ registered athletes = 25 people

Useful links:

VA State Website: <https://www.va-tandt.com/>

Volunteer Signup: [Volunteer Signups](#)

Hospitality Signup: [Hospitality Signups](#)