

2020 USA Gymnastics Trampoline & Tumbling Virginia State Championship

DATE: *Saturday – April 18, 2020*

LOCATION: *360i Gym*

21586 Atlantic Blvd. Ste 140, Sterling, VA 20176

MEET DIRECTOR: *Paula Sloan*

Phone: *434-401-0248*

E-mail: [*dramatc1@gmail.com*](mailto:dramatc1@gmail.com)

**EVENTS: Individual Trampoline (Levels 1-Elite)
Individual Tumbling (Levels 1-Elite)
Individual Double Mini Trampoline (Levels 1-Elite)
Synchronized Trampoline (Levels 4-10)**

EQUIPMENT: (1) Euro Trampolines; (1) Nissen Trampolines (1) Double-Mini Trampoline (Euro DMT) (1) Rod Floor (84' with 15' run up)

ENTRY FEE: *All Disciplines \$100*

*****This event is run by volunteers from all member teams. Add \$15 per athlete for your team's volunteer deposit, which will be refunded if your team's participation quota is met. Make checks payable to: USA Gymnastics (USAG). Please mail your check to Paula Sloan, 404 Quail Hollow Dr. Forest, VA 24551***

ENTRY DEADLINE: [*Sunday, March 15th, 2020*](#)

**** Please use usagym.org reservation system****

**The meet is listed under Member Services > Meet Reservations
>Search for Meets**

The meet is listed under Discipline Type = TT and Select State = VA

LATE FEE: \$15 per athlete after March 15th

CHANGE FEE: \$20 per change after April 3rd

Please send accurate registrations and verify team roster reports!

GATE FEE: \$5 for 12 & Over (Cash Only)

**AWARDS: Official State Medals 1st – 3rd, Ribbons 4th to 10th Place
(Awards will be split by State)**

VOLUNTEERS: We need ALL HANDS-ON DECK to make this event successful. We are asking assistance in 2 ways: 1) work either set up or tear down, 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 = 1 person

6 - 10 registered athletes = 4 people

11-15 registered athletes = 6 people

16 – 20 registered athletes = 10 people

21 - 30 registered athletes = 15 people

30+ registered athletes = 20 people

Training Schedule – Friday 4pm to 8pm (2 sessions approximately 77 athletes for each session)

4pm – 6pm

360i Gym

Apex

Dulles

Capital

6pm – 8pm

VA All Star

Bull Run Gymnastics Academy

Elite Athletic

Dynamic

Dream

The Edge

Flip Over

Outsiders