



Greater Virginia

Invitational Session Times

February 1-2, 2014

Colonial Forge High School

550 Courthouse Road

Stafford, VA 22554

Session 1 Level 3 and Xcel Bronze

Open Stretch - 8 AM

Competition- 8:30 AM

Awards- 10:50 AM

Gyms-Royals(L3,XB), Woods(XB), Apollo (XB),Gymnastics World(L3), Aerials(L3), East Coast(L3,XB),POGA(L3,XB), Competitive Edge (L3)

Session 2 Level 3 and Xcel Silver

Open Stretch- 11:00 AM

Competition- 11:30 AM

Awards- 2:30 PM

Gyms-Royals(XS), Majik Saints(L3), POGA(XS), Cardinal(L3), Apollo(L3,XS), Woods(L3,XS),GymQuest(L3,XS)

Session 3 Level 5 and 6

Open Stretch- 2:30 PM

Competition-3:00 PM

Awards- 6:00 PM

Gyms-Royals, Aerials, Gymini, DDC, GymQuest, East Coast, Roanoke Academy, POGA, YMCA Angels, Youth Sports, Majik Saints

Session 4 Level 7, 8, 9 and 10

Open Stretch- 6:00 PM

Competition-6:35 PM

Awards- 9:30 PM

Gyms-Royals, Competitive Edge, Aerials, Youth Sports, YMCA Angels, GymQuest

Session 5 Level 4

Open Stretch- 8:00 AM

Competition- 8:30 AM

Awards- 11:10 AM

Gyms-Royals, East Coast, Woods, DDC, Aerials, GymQuest, Youth Sports, Majik Saints, Gymnastics World, POGA, YMCA Angels

Session 6 Level Xcel Gold, Platinum and Diamond

Open Stretch-11:15 AM

Competition-11:50 AM

Awards-2:35 PM

Gyms-Royals, POGA, Woods, Aerials, Apollo, GymQuest,

Hosted by the Stafford Royals