



Greater Virginia

Invitational Session Times

February 28th and March 1st 2015

Number of Coaches Required are indicated in parentheses

Colonial Forge High School-550 Courthouse Rd. Stafford, VA 22554

Saturday

Session 1 Level 4,5 and Xcel Silver

Open Stretch - 8 AM

Competition- 8:30 AM

Awards- 10:50 AM

Gyms-Royals(3), East Coast (1),
Majik Saints(1), Hurricane(2/3), Comp Edge(1),
Woods(1), New Kent(1), EGS(1/2), Gym Quest(2),
Y Angels(1)

Session 3 Xcel Bronze

Open Stretch- 2:15 PM

Competition-2:45 PM

Awards– 4:30 PM

Gyms-Royals (1), New Kent (3), Woods (1),
DDC (1), East Coast (1)

Session 2 Level 6, Xcel Gold, Platinum
& Diamond

Open Stretch- 11:00 AM

Competition- 11:30 AM

Awards- 2:10 PM

Gyms-Royals(3), Preston(1), Comp Edge(1),
Y Angels(1), New Kent(1), WISC(1), Woods(2),
DDC(1), East Coast(2), EGS(1), Prestige (2)

Session 4 Level 7,8,9,10

Open Stretch-4:45 PM

Competition-5:20 PM

Awards-8:50 PM

Gyms--Royals(2), Aerials(3),
Hurricane(2), Woods(1), East Coast(1),
Preston(1), EGS(1), WISC(1), Y Angels(1)

Sunday

Session 5 Level 3

Open Stretch– 8:00 AM

Competition-8:30 AM

Awards– 10:50 AM

Gyms– Apollo (2), Hurricane (1),
Cardinal (2), Olympiad (2),
Y Angels (1), EGS (1), Gym Quest (1)

Session 6 Level 3,

Open Stretch– 11:00 AM

Competition– 11:30 AM

Awards– 1:50 PM

Gyms– Royals (3), Woods (1),
New Kent (1), Majik Saints (1), East Coast (1),
Comp Edge (1/2)

Hosted by the Stafford Royals