



14088-K Sullyfield Circle - Chantilly, VA 20151 - 703-378-4966

All Sessions are Modified Traditional Format w/4 Squads

Required number of coaches needed is indicated in Session Assignment Listing

**FRIDAY, APRIL 5, 2024**

**Assigned Teams & Coaches Needed: 3/21/24 EDITS IN BLUE**

<b>SESSION 1:</b>	XCEL BRONZE & LEVEL 2
<b>Gym Opens:</b>	<b>9:45AM</b>
<b>Open Stretch:</b>	10:00AM
<b>WU/Compete:</b>	10:15AM
<b>Awards:</b>	12:15PM

Team Name	L2	XB	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
ASTRO		XB	1	VAULT XB
BRAG	L2	XB	3	BEAM L2/XB BARS XB
CA GYMSTARS		XB	2	FLOOR XB
DULLES		XB	2	BARS XB
NOVAKS		XB	1	VAULT XB

**FRIDAY, APRIL 5, 2024**

**Assigned Teams & Coaches Needed:**

<b>SESSION 2:</b>	XCEL SILVER & GOLD
<b>Gym Opens:</b>	<b>1:15PM</b>
<b>Open Stretch:</b>	1:45PM
<b>WU/Compete:</b>	2:00PM
<b>Awards:</b>	4:15PM

Team Name	XS	XG	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
BRAG	XS		2	FLOOR XS
DULLES	XS	XG	2	BEAM XS & XG
NOVAKS	XS	XG	2	VAULT XS & XG
STAFFORD ROYALS	XS		2	BARS XS
YMCA		XG	1	VAULT

**FRIDAY, APRIL 5, 2024**

**Assigned Teams & Coaches Needed:**

<b>SESSION 3:</b>	XCEL GOLD & PLATINUM
<b>Gym Opens:</b>	<b>5:30PM</b>
<b>Open Stretch:</b>	6:00PM
<b>WU/Compete:</b>	6:20PM
<b>Awards:</b>	9:00PM

Team Name	XG	XP	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
BRAG	XG		2	BEAM XG
CAPITAL		XP	2	BARS XP
FAIRFAX	XG	XP	2	VAULT XP & FLOOR XG
NOVAKS		XP	1	VAULT XP
STAFFORD ROYALS	XG	XP	2	VAULT XP & FLOOR XG



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**SATURDAY, APRIL 6, 2024 Assigned Teams & Coaches Needed:**

<b>SESSION 4:</b>	XCEL SILVER
<b>Gym Opens:</b>	<b>7:30AM</b>
<b>Open Stretch:</b>	8:00AM
<b>WU/Compete:</b>	8:15AM
<b>Awards:</b>	10:15AM

Team Name	XS	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
APOLLO	XS	2	BARS XS-5 & FLOOR XS-13
ASTRO	XS	1	BARS XS
FAIRFAX	XS	1	BEAM XS
MEGA-DC	XS	2	VAULT XS-5 & BEAM XS-6
YMCAAA	XS	1	VAULT XS

**SATURDAY, APRIL 6, 2024 Assigned Teams & Coaches Needed:**

<b>SESSION 5:</b>	<b>XCEL GOLD</b>
<b>Gym Opens:</b>	<b>11:15AM</b>
<b>Open Stretch:</b>	<b>11:30AM</b>
<b>WU/Compete:</b>	<b>11:45AM</b>
<b>Awards:</b>	<b>2:00PM</b>

Team Name	XG	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
APOLLO	XG	2	BARS XG
ASTRO	XG	1	BARS XG
BRGA	XG	1	VAULT XG
CAPITAL	XG	3	VAULT XG-5 & BEAM XG-16
CHANTILLY	XG	2	FLOOR XG
MEGA-DC	XG	1	VAULT XG

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**SATURDAY, APRIL 6, 2024 Assigned Teams & Coaches Needed:**

<b>SESSION 6:</b>	<b>LEVEL 3</b>
<b>Gym Opens:</b>	<b>3:00PM</b>
<b>Open Stretch:</b>	<b>3:30PM</b>
<b>WU/Compete:</b>	<b>3:45PM</b>
<b>Awards:</b>	<b>5:15PM</b>

Team Name	L3	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
ARLINGTON AERIALS	L3	1	VAULT
ASTRO	L3	1	BARS
BRAG	L3	1	BEAM
MEGA-DC	L3	1	FLOOR
NOVAKS	L3	1	BARS
YMCAA	L3	1	FLOOR

**SATURDAY, APRIL 6, 2024 Assigned Teams & Coaches Needed:**

<b>SESSION 7:</b>	<b>XCEL PLATINUM, DIAMOND &amp; SAPPHIRE</b>
<b>Gym Opens:</b>	<b>6:15PM</b>
<b>Open Stretch:</b>	<b>6:30PM</b>
<b>WU/Compete:</b>	<b>6:50PM</b>
<b>Awards:</b>	<b>9:30PM</b>

Team Name	XP	XD	XSA	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
APOLLO	XP	XD	XSA	2	FLOOR XP-XD-XSA
BRGA	XP	XD		1	BARS
CAPITAL		XD	XSA	1	BEAM
CA GYMSTARS	XP	XD		2	BARS
DULLES	XP	XD		1	VAULT
MEGA-DC	XP	XD		2	VAULT XP-6 & BEAM XD-5XP/1XD
YMCAA	XP	XD		1	VAULT



**SUNDAY, APRIL 7, 2024**

**Assigned Teams & Coaches Needed:**

<b>SESSION 8:</b>	<b>XCEL BRONZE</b>
<b>Gym Opens:</b>	<b>8:15AM</b>
<b>Open Stretch:</b>	<b>8:45AM</b>
<b>WU/Compete:</b>	<b>9:00AM</b>
<b>Awards:</b>	<b>11:30AM</b>

Team Name	XB	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
APOLLO	XB	2	FLOOR
BRGA	XB	1	VAULT
CAPITAL	XB	2	BEAM
MEGA-DC	XB	2	VAULT
STAFFORD ROYALS	XB	2	BARS
YMCAA	XB	1	FLOOR

**SUNDAY, APRIL 7, 2024**

**Assigned Teams & Coaches Needed:**

<b>SESSION 9:</b>	<b>L3 &amp; XCEL SILVER</b>
<b>Gym Opens:</b>	<b>12:30PM</b>
<b>Open Stretch:</b>	<b>12:45PM</b>
<b>WU/Compete:</b>	<b>1:00PM</b>
<b>Awards:</b>	<b>3:30PM</b>

Team Name	L3	XS	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
BRGA		XS	1	FLOOR
CAPITAL		XS	2	BEAM
CARDINAL	L3		2	VAULT L3-7 & BEAM L3-5
CA GYMSTARS	L3	XS	3	BARS L3-19 FLOOR XS-10
DYNAMIC ARLINGTON	L3		2	VAULT

SUNDAY, APRIL 7, 2024

Assigned Teams & Coaches Needed:

<b>SESSION 10: LEVEL 4</b>
<b>Gym Opens: 4:30PM</b>
Open Stretch: 4:45PM
WU/Compete: 5:00PM
Awards: 7:00PM



Team Name	L4	REQUIRED COACHES	STARTING EVENT *SUBJECT TO CHANGE
ARLINGTON AERIALS	L4	1	VAULT L4
ASTRO	L4	1	VAULT L4
BRAG	L4	1	BARS L4
CAG	L4	1	FLOOR L4
CARDINAL	L4	1	BEAM L4
DYNAMIC ARLINGTON	L4	1	FLOOR L4
MEGA-DC	L4	1	BEAM L4
NOVAKS	L4	1	FLOOR L4
YMCAA	L4	1	BARS L4

**FRIENDLY REMINDERS TO VISITING TEAMS & THEIR FAMILIES:**

1 - SESSION TIMES WILL BE STRICTLY FOLLOWED. GYM ENTRY WILL NOT BE ALLOWED UNTIL SCHEDULED "GYM OPENS" TIME ASSIGNED. PLEASE GIVE US TIME TO CLEAR THE PARKING LOTS FROM PREVIOUS SESSIONS. THANK YOU.

2 - PLEASE BE CAUTIOUS & DRIVE SLOWLY IN THE PARKING LOT & PLEASE DO NOT PARK IN FIRELANES OR IN NO PARKING ZONES OF OTHER BUILDINGS PARKING LOTS. YOU WILL BE TOWED.

3 - PLEASE HAVE YOUR GYMNAST BRING A REFILLABLE WATER BOTTLE. CAG DOES HAVE FILTERED WATER STATIONS IN THE GYM. PLEASE DO NOT BRING A SICK CHILD TO THE COMPETITION. THANK YOU FOR FOLLOWING PROPER RESPIRATORY ETIQUETTE.

4 - PARENTS PLEASE DO NOT TO CONTACT CAG FOR MEET INFORMATION PRIOR TO THE MEET WEEKEND. COMMUNICATIONS SHOULD GO THROUGH YOUR CLUBS & COACHES AS NOT TO CAUSE CONFUSION. DURING THE MEET WEEKEND PLEASE CALL OUR MAIN LINE FOR EMERGENCIES WITH DIRECTIONS OR GETTING A MESSAGE TO THE COACH. PLEASE FOLLOW YOUR GYMS PROTOCOLS FIRST.

5 - THERE IS NO CHECK IN FOR GYMNASTS, PLEASE REPORT TO THE COMPETITIVE FLOOR TO STARTING EVENT SEATING AREA & OPEN STRETCH. COACHES WILL CONFIRM ALL GYMNASTS ARE PRESENT OR SCRATCHED AT THE COACHES MEETING. ONLY COMPETING GYMNASTS ARE ALLOWED ON THE COMPETITIVE FLOOR.

6 - CA GYMSTARS PARENTS CLUB FUNDRAISER - CAPC GOOD LUCK GRAMS, WATER & LIGHT SNACKS WILL BE AVAILABLE - Cash, Venmo and PayPal Only.

7 - VISIT CAG'S PROSHOP FOR LEOTARDS, SHORTS, GYMNAST GIFTS, PINS, JEWELRY AND OTHER FUN ITEMS.

8 - INDIVIDUAL & TEAM AWARDS ARE PRESENTED BY LEVEL/DIVISION IMMEDIATELY FOLLOWING THE COMPLETION OF COMPETITION. THE TOP 3 SCORES ON EACH EVENT COUNT TOWARDS THE TEAM SCORE.

9 - MEET LOCATION:

CHANTILLY ACADEMY GYMNASTICS  
14088-K SULLYFIELD CIRCLE

CHANTILLY, VIRGINIA 20151 - 703-378-4966 ( PLEASE CALL DURING MEET WEEKEND IF NEEDED - YOUR CLUBS & COACHES SHOULD BE REACHED FOR ALL MEET INFORMATION.)

[WWW.CHANTILLYACADEMY.COM](http://WWW.CHANTILLYACADEMY.COM)

10 - HOTELS NEAR CAG:

[https://www.google.com/search?q=LOCAL+HOTELS+NEAR+CHANTILLY+ACADEMY+GYMNASTICS&rlz=1C1FHFK\\_enUS976US976&og=LOCAL+HOTELS+NEAR+CHANTILLY+ACADEMY+GYMNASTICS&aqs=chrome..69i57.10441j0j7&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=LOCAL+HOTELS+NEAR+CHANTILLY+ACADEMY+GYMNASTICS&rlz=1C1FHFK_enUS976US976&og=LOCAL+HOTELS+NEAR+CHANTILLY+ACADEMY+GYMNASTICS&aqs=chrome..69i57.10441j0j7&sourceid=chrome&ie=UTF-8)

