



SPRING FLING 2025



Please arrive no more than 30 minutes prior to the session

If we are running ahead of schedule, we may start 15 minutes early.

*The number of coaches needed for a session is listed after the club **if more than 1***

Friday, April 11, 2025

Session 1: Xcel Gold	7:45 AM Check in
BRAG (2), Chantilly Academy, Dreams, Gym Quest,	8:00 AM Stretch
Gymstrada, OT (2 Ches/VB), Paragon (2), VEGA, VIGS	11:30 AM Awards

Session 2: Xcel Gold, Platinum	11:15 AM Check in
XG teams	11:30 AM Stretch
Apollo (2), Balance, Coastal Point, EGA	3:30 PM Awards
OT(VB), TGA (2)	
XP teams	
Balance, BRAG, Dreams, Gym Quest, TGA, VEGA, VIGS	

Session 3: Xcel Platinum, Diamond, Sapphire	3:15 PM Check in
XP teams	3:30 PM Stretch
Apollo (2), EGA, Gymstrada (2), OT (2), Paragon	6:45 PM Awards
XD and XSA teams	
Apollo, BRAG, Coastal Point, EGA, Gymstrada, OT, VIGS	

Session 4: Level 4	6:30 PM Check in
Capital (2), EGA, OT, Paragon, Va. Techniques (2), VIGS (2)	6:45 PM Stretch
	10:00 PM Awards

Saturday, April 12, 2025

Session 5: Level 4	7:45 AM Check in
Aerial East (2), Balance (2), BRAG (2), Coastal Point, Dreams, Gym Quest,	8:00 AM Stretch
Motion, ROGC (2), VEGA	11:30 AM Awards

Session 6: Level 2 and Xcel Bronze	11:30 AM Check in
Level 2 teams	11:45 AM Stretch
BRAG (2), EGA, Gym Quest, Motion, VIGS (2)	2:30 PM Awards
Bronze teams	
Apollo, Coastal Point, OT(Ches), Paragon (2), VEGA	

Session 7: Xcel Bronze	2:30 PM Check in
Balance (2), BRAG, Dreams, EGA, Gymstrada (2), Gym Quest	2:45 PM Stretch
OT(VB), TGA (2)	5:45 PM Awards

Session 8: Level 3	5:45 PM Check in
Capital (2), Motion, OT, Paragon (2), Richmond Olympiad (2),	6:00 PM Stretch
Va. Techniques (2), VIGS (2)	9:00 PM Awards

Sunday, April 13, 2025

Session 9: Level 3

Aerial East (2), BRAG (2), Gym Quest, Richmond Olympiad

OT (2), VEGA, VIGS (2)

7:45 AM Check in

8:00 AM Stretch

11:30 AM Awards

Session 10: Level 3 and Xcel Silver

Level 3 teams

Balance, Coastal Point (2), EGA, VEGA

Xcel Silver teams

Apollo, Balance, BRAG (2), Chantilly Academy, Coastal Point

EGA, Gym Quest, OT (VB),

11:30 AM Check in

11:45 AM Stretch

3:00 PM Awards

Session 11: Xcel Silver

Dreams, EGA, Gymstrada, OT (2-Ches/VB)

Paragon (2), TGA, VEGA, VIGS

3:00 PM Check in

3:15 PM Stretch

6:30 PM Awards

*Scores will be posted at myUSAgym.com (and on the app)
and MeetScoresOnline.com*