



2024 Heart of Virginia Invitational Session Times

Saturday, February 24th

Session 1		GGC (2 squads), Prestige, River City (4 squads), Roanoke Academy (2 squads)
Open Stretch - 8:00 AM	Bronze	
Awards - 10:15 AM		
60 athletes		

Session 2		Balance (2 squads), Blue Ridge, Elite Athletics, Virginia Techniques (2 squads), Xtreme Heights
Open Stretch - 10:45 AM	Bronze	
Awards - 1:45 PM		
63 athletes		

Session 3		Balance (L3), Elite Athletics (L2, 3 & Silver), GGC (Silver), Prestige (Silver), ProHealth (Silver), Roanoke Academy (L3, 2 squads), Virginia Techniques (L3 & Silver, 3 squads)
Open Stretch - 2:15 PM	Level 2, 3 & Silver	
Awards - 5:00 PM		
75 athletes		

Session 4		Balance (2 squads), Elite Athletics, Prestige, Xtreme Heights (3 squads)
Open Stretch - 5:30 PM	Level 6,7,8 & 9	
Awards - 8:45 PM		
43 athletes		

Sunday, February 25th

Session 5		Balance (2 squads), Blue Ridge, Elite Athletics, GGC, Prestige, River City (2 squads), Roanoke Academy (2 squads), Virginia Techniques, Xtreme Heights
Open Stretch - 8:00 AM	Level 4, 5 & Gold	
Awards - 11:30 AM		
84 athletes		

Session 6		Balance, Blue Ridge, Elite Athletics, Ocean Tumblers (2 squads), Prestige, River City, Xtreme Heights (3 squads)
Open Stretch - 12:00 PM	Platinum, Diamond & Sapphire	
Awards - 3:30 PM		
60 athletes		

Session 7		Balance, Blue Ridge, River City (2 squads), Roanoe Academy (2 squads), Xtreme Heights
Open Stretch - 4:00 PM	Silver	
Awards - 7:00 PM		
71 athletes		

Note:

Individual awards will be presented every session

Team awards will be presented at the final session each level competes

**Live scoring will be available at
MeetScoresOnline.com and myUSAGym.com**