



**Men's Program**

**2026 Connecticut State Gymnastics Championships**

**DATES:** February 28<sup>th</sup>- March 1<sup>st</sup> 2026

**LOCATION:** Thames Valley Gymnastics

22 Norwich-Lebanon Rd, North Franklin, CT 06254

**MEET DIRECTOR:** Tom Greet (860) 945-6970

**ENTRY FEE:** \$120 per gymnast

**ADMISSION AT THE DOOR:** \$10.00 12 and under  
60 and over

\$15.00 13years old – 59 years old

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**SATURDAY, February 28, 2026**

**Level 3**

4:00 PM Gym opens for stretching  
4:20 PM Coaches' meeting  
4:25 PM Gymnasts line up for introductions  
4:25 PM Warm up first event - 8 minutes per event  
4:33 PM Timed warm ups end  
4:35 PM Meet begins  
Awards to follow

**SUNDAY, MARCH 1, 2026**

**All Level 4's , All Level 5's and Platinum**

8:00 AM Gym opens for stretching  
8:15 AM Coaches' meeting  
8:20 AM Gymnasts line up for introductions  
8:25 AM Warm up first event - 10 minutes per event  
8:35 AM Timed warm ups end  
8:37 AM Meet begins  
Awards to follow

**All Level 7, 8, 9, 10**

1:00 PM Gym opens for stretching  
1:15 PM Coaches' meeting  
1:20 PM Gymnasts line up for introductions  
1:25 PM Warm up first event – 10 minutes per event  
1:35 PM Timed warm ups end  
1:37 PM Meet begins  
Awards to follow



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**State Meet Policies**

All competitors will receive a Qualifiers Medal.

There will be an Admission Fee for spectators: *\$10.00 12 and under & 60 and over*  
*\$15.00 13 years old – 59 years old*

No flash photography will be allowed during the warm ups or competition.

T-shirts will be on sale and all proceeds will go back to the gymnasts and coaches.

**Eligibility**

**All competitive gymnasts are eligible for this year's State Meet**

**If you have a specialist at any level please contact Tom Greet directly.**

**Awards**

Awards will be neck medals. Ties will be awarded and the next place dropped as stated in the USAG Rules and Policies.

**Entries**

**ENTRY FEES MUST BE RECEIVED BY *SATURDAY, FEBRUARY 21, 2026***

**CHECKS MADE OUT TO "USAG-CT MEN'S"**

**MAIL TO:**

**GSC**

**C/O TOM GREET**

**811 STRAITS TURNPIKE**

**WATERTOWN, CT 06795**

