



2024 Gymstrada Invitational

December 6th-8th, 2024

You are invited to the 2023 Gymstrada Invitational hosted by Gymstrada Gymnastics. This will be our 33rd year hosting the Gymstrada Invitational and it will be held at Ocean Lakes High School (OLHS). OLHS is located at 885 Schumann Drive, Virginia Beach, VA 23454 and is approximately 10 minutes from the Virginia Beach Oceanfront.

Make a trip down to beautiful Virginia Beach, VA and stay right on the Atlantic Ocean. Host hotels will be Oceanfront and approximately one-two minutes from the Virginia Beach Convention Center. This meet will fill up quick, so don't miss out! We will have the final schedule done right after the entry deadline of October 28th, 2024 giving you plenty of time to make travel arrangements. We hope you can make it, and let me know if you have any questions!

Sincerely,

Nic Tolley and Gymstrada Gymnastics
757-499-8591
NicTolley@gmail.com

2024 Gymstrada Invitational

December 6th-8th, 2024

If you have any questions, you may call the office at 757-499-8591 or email Nic Tolley at NicTolley@gmail.com

- Host Club:** Gymstrada Gymnastics
- Competing Levels:** Levels 2-10 USAG and All Xcel Divisions
- Entry Fees:** **W.D.P. Levels 2 – 10 & All Xcel Divisions - \$135.00 per gymnast**
- Website:** www.Gymstrada.com
- Entries:** Make checks payable to Gymstrada and please mail all entries to:
Gymstrada ATTN: Nic Tolley
5644 Parliament Drive,
Virginia Beach, VA 23462
- Meet Director/Coordinator:** Nic Tolley: Email: NicTolley@gmail.com Phone number: 757-499-8591
- Entry Deadline:** October 28th, 2024
- Cancellation Deadline:** No Refunds after October 28th, 2024 for any reason
- Competition Schedule:** Friday December 6th, 2024 from 5:30pm-10:00pm
Saturday December 7th, 2024 from 8:00am – 10:00 pm
Sunday December 8th, 2024 from 8:00 am – 10:00 pm
**session times will be posted on www.gymstrada.com on October 29th, 2024
- Team Trophy Entry Fees: \$50.00 per team**
- Level 2-10:* The 3 highest scores per event count toward team score.
All Xcel Divisions: The 3 highest scores per event count towards team score
- **You may only have 1 team per level entered. Clubs can win multiple levels.
**Team trophies will be given for the first, second, and third placed teams
- Equipment:**
- VAULT:** AAI Vault table, Tac/10
Base Mats: 12 Centimeters
Run Way: 82'; Thickness: 1 & 3/8 inches
Resilite Level 3 vaulting system
- BARS:** AAI Competition Bars
AAI "soft blue Rails" will be used
Base Mats: 12 Centimeters
- BEAM:** AAI Competition Beam
Base mats: 12 Centimeters
- FLOOR:** AAI Spring floor
*8" mats, 4" mats, and Sting mats available at every event
* Multiple Spring Boards available
AAI Tac/10 LZT Stratum Vault Board
AAI Stratum Vault Board (Grey Carpet)

Competition Format: Modified Capital Cup Format

Competition Location: Gymstrada will host the 2024 Gymstrada Invitational at Ocean Lakes High School (OLHS), which is located approximately 10 minutes from the Virginia Beach Ocean Front. OLHS's address is: 885 Schumann Drive, Virginia Beach, VA 23454. (<http://www.oceanlakeshs.vbschools.com/>)

Admission Fees:

Ages	One Day	Three Days
Ages 5 & Under	Free	Free
Ages 6 - 12	\$10.00	\$15.00
Ages 13 & up	\$15.00	\$20.00
Senior Citizens (55 and over)	\$10.00	\$15.00

ONLY CASH ACCEPTED FOR ADMISSION FEES

Awards:

- Three to five age division per level (depending on number of entries per level)
- Medals: 50% on Individual events and 100% in the All Around
- Individual / Team awards will be given after each session

Results: Will be posted live on www.meetscoresonline.com

Hotel:

1) Spring Hill Suites Oceanfront (Marriott)- \$139.00 per room/night

- 901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- The Gymstrada room block will end on 11/17/2024. Please make all reservations and changes on or before 11/17/2024.
- For Reservations (2-Queen Studio Suite or 1-King Studio Suite):
 - Online
 - Booking Link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1707326950323&key=GRP&app=resvlink>
 - This link can also be found on the meet's website: <https://www.gymstrada.com/gymstrada-invitational-info.html>
 - Phone
 - For phone reservations, please call hotel directly- 757-417-3982. Please refer to the 2024 Gymstrada Invitational
- Hotel Website: <https://www.marriott.com/hotels/travel/orfvo-springhill-suites-virginia-beach-oceanfront/>
- Included with hotel - Free hot breakfast and parking

2) Fairfield Inn and Suites Oceanfront (Marriott)- \$129.00 per room/night

- 1901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- The Gymstrada room block will end on 11/17/2024. Please make all reservations and changes on or before 11/17/2024.
- For Reservations (2-Double beds):
 - Online
 - Booking Link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1707326950323&key=GRP&app=resvlink>
 - This link can also be found on the meet's website: <https://www.gymstrada.com/gymstrada-invitational-info.html>
 - Phone
 - For phone reservations, please call hotel directly- 757-422-4885. Please refer to the 2024 Gymstrada Invitational
- Hotel Website: [Oceanfront Hotel in Virginia Beach | Fairfield Inn & Suites Virginia Beach \(marriott.com\)](https://www.marriott.com/hotels-and-reservations/usa-va-virginia-beach/fairfield-inn-and-suites-oceanfront-virginia-beach/)
- Included with hotel - breakfast and parking