



December 2<sup>nd</sup>-4<sup>th</sup>, 2016

# 2016 Gymstrada Invitational

All Session Times will be Modified Capital Cup Format (Warm up / Compete)

Times are subject to change based on additional entries – Check [www.gymstrada.com](http://www.gymstrada.com) for updates

Meet Location: Virginia Beach Convention Center

1000 19<sup>th</sup> Street

Virginia Beach, VA 23451

## Friday December 2<sup>nd</sup>, 2016

### Session 1: Level 2 and Xcel Bronze

7:30-8:00am – Gymnast Registration  
8:00-8:15am – Open Stretch  
8:15-8:20am – Team Intro  
8:20-10:20am – Competition  
10:35am – Awards

Gyms in Session 1	Minimum # of coaches
All American (XB)	1
Gymstrada (XB)	1
Gym Quest (Level 2, XB)	2
New Kent (XB)	2
WISC (XB)	2

### Awards after Session 1:

-Level 2 Individual, AA, and Team awards will be immediately after Session 1.

-Xcel Bronze Individual, AA, and Team awards will be immediately after Session 1.

## Friday December 2<sup>nd</sup>, 2016

### Session 2: Xcel Silver

9:50-10:20am – Gymnast Registration  
10:20-10:35am – Open Stretch  
10:35-10:40am – Team Intro  
10:40-12:40pm – Competition  
12:55pm – Awards

Gyms in Session 2	Minimum # of Coaches
All American (XS)	2
Gymstrada (XS)	1
Gym Quest (XS)	1
New Kent (XS)	1
Roanoke Academy (XS)	1
WISC (XS)	2

### Awards after Session 2:

-Xcel Silver Individual, AA, and Team awards will be immediately after session 2.

## Friday December 2<sup>nd</sup>, 2016

### Session 3: Xcel Gold

12:10-12:40pm – Gymnast Registration  
12:40-12:55pm – Open Stretch  
12:55-1:00pm – Team Intro  
1:00-3:00pm – Competition  
3:15pm – Awards

Gyms in Session 3	Minimum # of Coaches
All American (XG)	2
Gymstrada (XG)	3
Gym Quest (XG)	1
New Kent (XG)	1
Roanoke Academy (XG)	1
WISC (XG)	1

### Awards after Session 3:

-Xcel Gold Individual, AA, and Team awards will be immediately after session 3.

## Friday December 2<sup>nd</sup>, 2016

### Session 4: Level 7, Level 8, Level 9, Xcel Platinum

2:30-3:00pm -Gymnast Registration  
3:00-3:15pm – Open Stretch  
3:15-3:20pm – Team Intro  
3:20-6:00pm – Competition  
6:15pm – Awards

Gyms in Session 4	Minimum # of Coaches
All American (XP)	1
Gymstrada (Level 7, Level 8, Level 9, XP)	4
Gym Quest (XP)	1
New Kent (XP)	1
Roanoke Academy (XP)	1
WISC (XP)	1

### Awards after session 4:

-Level 7 Individual and AA awards will be immediately after session 4. Level 7 Team Awards will be immediately after session 6.

-Level 8 Individual and AA awards will be immediately after session 4. Level 8 Team Awards will be immediately after session 7.

-Level 9 Individual and AA awards will be immediately after session 4. Level 9 Team Awards will be immediately after session 8.

-Xcel Platinum Individual, AA, and Team awards will be immediately after session 4.

## Friday December 2<sup>nd</sup>, 2016

### Session 5: Level 6

5:30-6:00pm – Gymnast Registration  
6:00-6:15pm – Open Stretch  
6:15-6:20pm – Team Intro  
6:20-9:00pm – Competition  
9:15pm – Awards

Gyms in Session 5	Minimum # of Coaches
Aerial East (Level 6)	1
All American (Level 6)	1
GMS (Level 6)	1
Gymstrada (Level 6)	2
Gym Quest (Level 6)	2
New Kent (Level 6)	1
Richmond Olympiad (Level 6)	1
Unique (Level 6)	1
VIGS (Level 6)	1

### Awards after Session 5:

-Level 6 Individual, AA, and Team awards will be immediately after session 5.

## Saturday December 3<sup>rd</sup>, 2016

### Session 6: Level 7

7:30-8:00am – Gymnast Registration  
8:00-8:15am – Open Stretch  
8:15am-8:20am – Team Intro  
8:20-11:20am – Competition  
11:35am – Awards

Gyms in Session 6	Minimum # of Coaches
Aerial East (Level 7)	1
All American (Level 7)	1
Apollo (Level 7)	1
Cardinal (Level 7)	1
Central VA (Level 7)	1
GMS (Level 7)	1
Gym Quest (Level 7)	1
New Kent (Level 7)	1
Richmond Olympiad (Level 7)	3
Unique (Level 7)	1
VA Techniques (Level 7)	2
VIGS (Level 7)	1

### Awards after session 6:

-Level 7 Individual, AA, and Team awards will be immediately after session 6.

## Saturday December 3<sup>rd</sup>, 2016

### Session 7: Level 8

10:50-11:20am – Gymnast Registration  
11:20-11:35am – Open Stretch  
11:35-11:40am – Team Intro  
11:40-2:40pm – Competition  
2:55pm – Awards

Gyms in Session 7	Minimum # of Coaches
Aerial East (Level 8)	1
Apollo (Level 8)	1
Cardinal (Level 8)	1
Central VA (Level 8)	1
GMS (Level 8)	1
Gym Quest (Level 8)	1
New Kent (Level 8)	1
Richmond Olympiad (Level 8)	2
Unique (Level 8)	1
VA Techniques (Level 8)	1
VIGS (Level 8)	1

### Awards after session 7:

-Level 8 Individual, AA, and Team awards will be immediately after session 7.

## Saturday December 3<sup>rd</sup>, 2016

### Session 8: Level 9 and Level 10

2:10-2:40pm – Gymnast Registration  
2:40-2:55pm – Open Stretch  
2:55-3:00pm – Team Intro  
3:00-6:00pm – Competition  
6:15pm – Awards

Gyms in Session 8	Minimum # of Coaches
Aerial East (Level 9)	1
Cardinal (Level 9)	1
Central VA (Level 9)	1
GMS (Level 9, Level 10)	2
Gymstrada (Level 10)	1
Richmond Olympiad (Level 9, Level 10)	2
Unique (Level 9, Level 10)	1
VA Techniques (Level 9, Level 10)	1
VIGS (Level 9, Level 10)	2

### Awards after session 8:

-Level 9 Individual, AA, and Team awards will be immediately after session 8.

-Level 10 Individual, AA, and Team awards will be immediately after session 8.

## Saturday December 3<sup>rd</sup>, 2016

### Session 9: Level 4

5:30-6:00pm – Gymnast Registration  
6:00-6:15pm – Open Stretch  
6:15-6:20pm – Team Intro  
6:20-9:00pm – Competition  
9:15pm – Awards

Gyms in Session 9	Minimum # of Coaches
Gym Quest (Level 4)	1
Richmond Olympiad (Level 4)	3
Roanoke Academy (Level 4)	2
VIGS (Level 4)	1
WISC (Level 4)	1

Awards after session 9:

-Level 4 Individual and AA will be immediately after session 9. Level 4 team awards will be immediately after session 10.

## Sunday December 4<sup>th</sup>, 2016

### Session 10: Level 4 and Xcel Gold

7:30-8:00am – Gymnast Registration  
8:00-8:15am – Open Stretch  
8:15-8:20am – Team Intro  
8:20-11:00am – Competition  
11:15am – Awards

Gyms in Session 10	Minimum # of Coaches
Aerial East (Level 4)	1
Cardinal (Level 4)	2
GMS (Level 4)	2
Gymstrada (Level 4)	2
New Kent (Level 4)	1
Paramount (Level 4, Xcel Gold)	1

Awards after session 10:

-Level 4 Individual, AA, and Team awards will be immediately after session 10.

-Xcel Gold AA awards will be immediately after session 10.

## Sunday December 4<sup>th</sup>, 2016

### Session 11: Level 3 and Level 5

10:30-11:00am – Gymnast Registration  
11:00-11:15am – Open Stretch  
11:15-11:20am – Team Intro  
11:20-2:00pm – Competition  
2:15pm – Awards

Gyms in Session 11	Minimum # of Coaches
Aerial East (Level 5)	2
Gymstrada (Level 3)	2
GMS (Level 5)	1
Gym Quest (Level 5)	1
Paramount (Level 5)	1
Richmond Olympiad (Level 5)	1
VIGS (Level 5)	1
WISC (Level 5)	1

### Awards after session 11:

**-Level 3 Individual and AA awards will be immediately after session 11. Level 3 team awards will be immediately after Session 12.**

**-Level 5 Individual, AA, and Team awards will be immediately after session 11.**

## Sunday December 4<sup>th</sup>, 2016

### Session 12: Level 3

1:30-2:00pm – Gymnast Registration  
2:00-2:15pm – Open Stretch  
2:15-2:20pm – Team Intro  
2:20-5:00pm – Competition  
5:15pm – Awards

Gyms in Session 12	Minimum # of Coaches
Aerial East (Level 3)	2
Gym Quest (Level 3)	1
GMS (Level 3)	1
New Kent (Level 3)	1
Paramount (Level 3)	1
Richmond Olympiad (Level 3)	3
WISC (Level 3)	2

### Awards after session 12:

**-Level 3 Individual, AA, and Team awards will be immediately after session 12.**

**\*\*ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 11/2/16 – TIMES SUBJECT TO CHANGE BASED ON ADDITIONAL ENTRIES.  
PLEASE CHECK [www.Gymstrada.com](http://www.Gymstrada.com) FOR ANY CHANGES / UPDATES\*\***

**Meet Reminders to all clubs and coaches:**

1. See the [www.gymstrada.com](http://www.gymstrada.com) for details and results
2. Nic Tolley – [NicTolley@gmail.com](mailto:NicTolley@gmail.com) is the meet contact. Nic Tolley is the meet director and will be present during the entire competition.
3. Coaches are obligated to maintain a USA Gymnastics Professional Membership, Safety Certification, Background Check, and are also required to complete the U100 course to be on the field of play. In addition, all credential must be brought with you to every sanctioned competition.
4. A certified Athletic Trainer will be available at all sessions
5. Coaches – if your team is broken into more than one squad, you will receive an email from Nic Tolley about how you would like your squads split. Please look for and respond to this email as soon as possible.
6. Please make sure that the required number of coaches are present during the sessions.
7. Age Determination for the 2016 Gymstrada Invitational will be the gymnast's current age on December 4<sup>th</sup>, 2016
8. Vault Boards- AAI Stratum Boards will be available at every event

