GYMSTRADA GYMNASTICS

2016 Xcel Xtravaganza

All Session Times will be Modified Traditional (Warm up / Compete with one set of equipment)

Times are subject to change based on additional entries – Check www.gymstrada.com for updates

Meet Location:

Gymstrada Gymnastics

5644 Parliament Drive, Virginia Beach, VA 23462

Saturday April 23rd, 2016

Session 1: Xcel Bronze
7:30-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-8:20am –Team Intro
8:20-9:40am – Competition
9:55-10:40am – Awards

Gyms in Session 1	Minimum # of coaches
Hurricane (XB)	1
Mecklenburg YMCA (XB)	1
New Kent (XB)	2

Awards after Session 1:

-Xcel Bronze Individual and AA awards will be immediately after Session 1. Xcel Bronze Team awards will be after Session 7.

Saturday April 23rd, 2016

Session 2: Xcel Silver
10:40-11:10am – Gymnast Registration
11:10-11:25am – Open Stretch
11:25-11:30am –Team Intro
11:30-1:00pm – Competition
1:15-2:00pm – Awards

Gyms in Session 2	Minimum # of Coaches
Classics (All XS gymnasts for classics except 2)	1
Gymstrada (XS)	1
Head over Heels (XS)	1
Hurricane (XS)	1
New Kent (XS)	1

Awards after Session 2:

-Xcel Silver Individual and AA awards will be immediately after Session 2. Xcel Silver Team awards will be after Session 6.

Saturday April 23rd, 2016

Session 3: Xcel Gold
2:00-2:30pm – Gymnast Registration
2:30-2:45pm – Open Stretch
2:45-2:50pm –Team Intro
2:50-4:50pm – Competition
5:05-5:50pm – Awards

Gyms in Session 3	Minimum # of Coaches
B & B Gymnastics (XG)	1
Classics (XG)	2
Gymstrada (XG)	1
Head over Heels (XG)	1
Hurricane (XG)	1
New Kent (XG)	1
Xquisite (XG)	1

Awards after Session 3:

-Xcel Gold Individual and AA awards will be immediately after session 3. Xcel Gold Team Awards will be after Session 5.

Saturday, April 23rd, 2016

Session 4: Xcel Platinum and Xcel Diamond
5:50-6:20pm -Gymnast Registration
6:20-6:35pm – Open Stretch
6:35-6:40pm –Team Intro
6:40-9:00pm – Competition
9:15-10:00pm – Awards

Gyms in Session 4	Minimum # of Coaches
B & B (XP)	1
Classic (XP, XD)	1
Gymnastics INC (XP)	1
Gymstrada (XP)	1
Hurricane (XP, XD)	1
New Kent (XP)	1
River City (XP)	1
VA Techniques (XP, XD)	1
Xquisite (XP, XD)	2

Awards after session 4:

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

-Xcel Diamond Individual, AA, and Team Awards will be immediately after session 4.

Sunday April 24th, 2016

Session 5: Xcel Gold
7:30-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-8:20am –Team Intro
8:20-10:20am – Competition
10:35-11:20am – Awards

Gyms in Session 5	Minimum # of Coaches
CORE Kids (XG)	1
Gym Quest (XG)	1
Gymnastics INC (XG)	1
Richmond Twisters (XG)	1
River City (XG)	1
VA Techniques (XG)	1
Windsor (XG)	1

Awards after Session 5:

-Xcel Gold Individual, AA, and Team awards will be immediately after session 5.

Sunday April 24th, 2016

Session 6: Xcel Silver
11:20-11:50am–Gymnast Registration
11:50-12:05pm – Open Stretch
12:05-12:10pm –Team Intro
12:10-2:10pm – Competition
2:25-3:10pm – Awards

Gyms in Session 6	Minimum # of Coaches
CORE Kids (XS)	1
Classics (XS-2 gymnasts)	1
Gym Quest (XS)	1
Gymnastics INC (XS)	1
River City (XS)	2
Richmond Twisters (XS)	1
VA Techniques (XS)	1
Windsor (XS)	1

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ards after session 6:

-Xcel Silver Individual, AA, and Team awards will be immediately after session 6.

Sunday, April 24th, 2016

Session 7: Xcel Bronze
3:10-3:40pm – Gymnast Registration
3:40-3:55pm – Open Stretch
3:55-4:00pm –Team Intro
4:00-5:20pm– Competition
5:35-6:10pm – Awards

Gyms in Session 7	Minimum # of Coaches
CORE Kids (XB)	1
Gymstrada (XB)	1
Gym Quest (XB)	1
Richmond Twisters (XB)	1
River City (XB)	1

Awards after session 7:

-Xcel Bronze Individual, AA, and Team awards will be immediately after session 7.

Meet Reminders to all clubs and coaches:

1. See the www.gymstrada.com for details and results
2. Nic Tolley – 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 Xcel Xtravaganza will be the gymnast's age at the date of the competition.
8. Vault Boards- AAI Stratum Boards will be available at every event