



2018 Gymstrada Invitational

November 30th-December 2nd, 2018

You are invited to the 2018 Gymstrada Invitational hosted by Gymstrada Gymnastics. This will be our 28th year hosting the Gymstrada Invitational and it will be held at the Virginia Beach Convention Center. The Virginia Beach Convention Center is located at: 1000 19th Street, Virginia Beach, VA 23451.

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 22nd, 2018 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

2018 Gymstrada Invitational

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*Coaches receive Prize money for team placement
(All JO Levels and Xcel Divisions)*

1st place Team-\$100, 2nd Place Team-\$50, 3rd Place Team- \$20

**Prize money will be give out after all JO Levels / Xcel Divisions have competed*

**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: **J.O. Levels 2 – 10 & All Xcel Divisions - \$115.00 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 22nd, 2018

Cancellation Deadline: No Refunds after October 22nd, 2018 for any reason

Level Change Deadline: November 5th, 2018
No swaps/changes after November 5th, 2018

Late Fee: \$10 per gymnast if entry is received after October 22nd, 2018

Competition Schedule: Friday November 30th, 2018 from 8:00am-10:00pm
Saturday December 1st, 2018 from 8:00am – 10:00 pm
Sunday December 2nd, 2018 from 8:00 am – 10:00 pm
**session times will be posted on www.gymstrada.com after November 1st, 2018

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 2018 Gymstrada Invitational at the Virginia Beach Convention Center, which is located at: 1000 19th Street, Virginia Beach, VA 23451. (<http://www.visitvirginiabeach.com/conventioncenter/>)

Admission Fees:

Ages	One Day	Weekend (3 Days)
Ages 5 & Under	Free	Free
Ages 6 - 12	\$15.00	\$20.00
Ages 13 & up	\$20.00	\$25.00
Senior Citizens (55 and over)	\$15.00	\$20.00

*Cash and Credit Cards 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 on our website (www.gymstrada.com) after the competition

Area Attractions:

Virginia Beach Convention Center: (<http://www.visitvirginiabeach.com/conventioncenter/>)

Beach Street USA: (<http://www.beachstreetusa.com/>)

Holiday Lights: (<http://www.beachstreetusa.com/festivals/mcdonalds-holiday-lights-beach>)

Virginia Beach Oceanfront: (<http://www.virginiabeach.com/attractions/oceanfront>)

The Official Virginia Beach tourism website (<http://www.visitvirginiabeach.com>)

Virginia Aquarium and Marine Science Center: (www.virginiaaquarium.com)

Town Center of Virginia Beach: (www.vabeachtowncenter.com)

Virginia Beach Restaurants Guide: (www.vbrestaurantguide.com)

Shopping: Lynnhaven Mall (www.Lynnhavenmall.com) MacArthur Center (www.shopmacarthur.com)

Nauticus: (www.nauticus.org)

The Children's Museum: (<http://www.childrensmuseumva.com/visit.html>)

Great Wolf Lodge: (<http://www.greatwolf.com/williamsburg/waterpark>)

Host Hotel Information:

1. SpringHill Suites Oceanfront (Marriott) –

- 901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- Hotel Website: <http://www.springhillsuitesvirginiabeach.com/>
 - Included with hotel - Free hot breakfast and parking
 - **MORE INFORMATION COMING SOON**

2. Fairfield Inn and Suites Oceanfront (Marriott) -

- 1901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- Hotel Website: <http://www.marriott.com/hotels/travel/orfva-fairfield-inn-and-suites-virginia-beach-oceanfront/>
- Included with hotel - Free hot breakfast and parking
- **MORE INFORMATION COMING SOON**

3. Hilton Virginia Beach Oceanfront -

- 3001 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- Hotel Website: <http://www.hiltonvb.com/>
 - **MORE INFORMATION COMING SOON**