



February 9th-11th, 2018

2018 Virginia Beach Classic

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 for updates

Meet Location: Ocean Lakes High School

885 Schumann Drive, Virginia Beach, VA 23454

Friday February 9th, 2018

Session 1: Level 3

5:45-6:15pm – Gymnast Registration
6:15-6:30pm – Open Stretch
6:30-6:35pm – Team Intro
6:35-8:55pm – Competition
9:10pm – Awards

Gyms in Session 1	Minimum # of coaches
GMS (Level 3)	2
Gymstrada (Level 3)	2
River City (Level 3)	1
Roanoke Academy (Level 3)	1
Unique (Level 3)	2

Awards after Session 1:

-Level 3 Individual, AA, and Team awards will be immediately after session 1.

Saturday February 10th, 2018

Session 2: Level 4

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

Gyms in Session 2	Minimum # of Coaches
ASAP (Level 4)	1
GMS (Level 4)	2
Gymstrada (Level 4)	2
Roanoke Academy (Level 4)	2
Unique (Level 4)	1
YMCA Angels (Level 4)	1

Awards after Session 2:

-Level 4 Individual, AA, and Team awards will be immediately after session 2.

Saturday February 10th, 2018

Session 3: Level 5 and Level 6

10:10-10:40am – Gymnast Registration
10:40-10:55am – Open Stretch
10:55-11:00am –Team Intro
11:00-1:40pm – Competition
1:55pm – Awards

Gyms in Session 3	Minimum # of Coaches
ASAP (Level 5 and Level 6)	1
Full Force (Level 5 and Level 6)	1
GMS (Level 5 and Level 6)	2
Gymstrada (Level 6)	3
Roanoke Academy (Level 6)	1
TUG (Level 6)	1
Twist (Level 6)	1
YMCA Angels (Level 5 and Level 6)	1

Awards after Session 3:

-Level 5 Individual, AA, and Team awards will be immediately after session 3.

-Level 6 Individual, AA, and Team awards will be immediately after session 3.

Saturday, February 10th, 2018

Session 4: Level 7 and Level 8
1:10-1:40pm -Gymnast Registration
1:40-1:55pm – Open Stretch
1:55-2:00pm –Team Intro
2:00-4:40pm – Competition
4:55pm – Awards

Gyms in Session 4	Minimum # of Coaches
ASAP (Level 7 and Level 8)	2
GMS (Level 7)	1
Gymstrada (Level 7 and Level 8)	3
Roanoke Academy (Level 7 and Level 8)	2
TUG (Level 7 and Level 8)	2

Awards after session 4:

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

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

Saturday February 10th, 2018

Session 5: Level 9, Level 10, Xcel Platinum, Xcel Diamond
4:10-4:40pm – Gymnast Registration
4:40-4:55pm – Open Stretch
4:55-5:00pm –Team Intro
5:00-7:40pm – Competition
7:55pm – Awards

Gyms in Session 5	Minimum # of Coaches
ASAP (Level 9 and Level 10)	1
Gymstrada (Level 9, Level 10, XP, XD)	4
Head over Heels (XP)	1
Roanoke Academy (Level 9 and Level 10)	1
Stafford (XP and XD)	2
TGA (XP)	1
Twist (XP)	1

Awards after Session 5:

-Level 9 Individual, AA, and Team awards will be immediately after session 5.

-Level 10 Individual, AA, and Team awards will be immediately after session 5.

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

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

Sunday February 11th, 2018

Session 6: Xcel Gold

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

Gyms in Session 6	Minimum # of Coaches
Gymstrada (XG)	2
Head over Heels (XG)	1
TGA (XG)	2
TUG (XG)	1
Twist (XG)	2

Awards after session 6:

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

Sunday February 11th, 2018

Session 7: Xcel Silver

10:10-10:40am – Gymnast Registration
10:40-10:55am – Open Stretch
10:55-11:00am – Team Intro
11:00-1:20pm – Competition
1:35pm – Awards

Gyms in Session 7	Minimum # of Coaches
Gymstrada (XS)	3
Head over Heels (XS)	1
TGA (XS)	2
TUG (XS)	1
Twist (XS)	2

Awards after session 7:

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

Sunday February 11th, 2018

Session 8: Xcel Bronze

12:50-1:20pm – Gymnast Registration
1:20-1:35pm – Open Stretch
1:35-1:40pm – Team Intro
1:40-3:00pm – Competition
3:15pm – Awards

Gyms in Session 8	Minimum # of Coaches
Gymstrada (XB)	1
Head over Heels (XB)	1
TGA (XB)	2
Twist (XB)	1

Awards after session 8:

-Xcel Bronze Individual, AA, and Team awards will be immediately after session 8.

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 1/3/18 – TIMES SUBJECT TO CHANGE BASED ON ADDITIONAL ENTRIES.
PLEASE CHECK www.Gymstrada.com FOR ANY CHANGES / UPDATES****

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 2018 Virginia Beach Classic will be the gymnast's age at the date of the competition.
8. Vault Boards- AAI Stratum Boards will be available at every event. Vault Runway is 1 3/8" Thickness.

