



December 12-14th, 2014

2014 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 for updates

Meet Location: Virginia Beach Convention Center

1000 19th Street, Virginia Beach, VA 23451

Friday December 12th, 2014

Session 1: Level 5 and Level 6

1:45-2:15pm – Gymnast Registration
2:15-2:30pm – Open Stretch
2:30-2:35pm – Team Intro
2:35-5:25pm – Competition
5:40pm – Awards

Gyms in Session 1	Minimum # of coaches
All American (Level 6)	1
Apollo (Level 5)	2
Capital (Level 5)	2
Cardinal (Level 5,6)	2
Flipateers (Level 5,6)	2
GMS (Level 6)	1
Gymstrada (Level 6)	2
Richmond Olympiad (Level 5)	3
WISC (Level 5)	1

Awards after Session 1:

-Level 5 Individual, AA, and Team awards will be immediately after session 1

-Level 6 Individual and AA awards will be immediately after session 1. Level 6 team awards will be after session 2

Friday December 12th, 2014

Session 2: Level 6

4:55-5:25pm – Gymnast Registration
 5:25-5:40pm – Open Stretch
 5:40-5:45pm – Team Intro
 5:45-8:40pm – Competition
 8:55pm – Awards

Gyms in Session 2	Minimum # of Coaches
Capital (Level 6)	1
Gym Quest (Level 6)	1
Gym World (Level 6)	2
Henderson (Level 6)	1
Richmond Olympiad (Level 6)	3
Roanoke (Level 6)	2
VIGS (Level 6)	1

Awards after Session 2:

-Level 6 Individual, AA, and Team awards will be immediately after session 2.

Saturday December 13th, 2014

Session 3: Level 3, Level 4, Level 7

7:30-8:00am – Gymnast Registration
 8:00-8:15am – Open Stretch
 8:15-8:20am – Team Intro
 8:20-11:05am – Competition
 11:20am – Awards

Gyms in Session 3	Minimum # of Coaches
Capital (Level 7)	2
Cardinal (Level 7)	2
Flipateers (Level 7)	1
GMS (Level 7)	1
Gymstrada (Level 7)	2
Gym Quest (Level 7)	1
Gym World (Level 7)	1
Richmond Olympiad (Level 3, Level 4, Level 7)	2
River City (Level 7)	1
Roanoke (Level 7)	1
VIGS (Level 7)	1

Awards after Session 3:

-Level 3 AA Award will be immediately after session 3

-Level 4 AA Award will be immediately after session 3

-Level 7 Individual, AA, and Team awards will be immediately after session 3.

Saturday, December 13th, 2014

Session 4: Level 8

10:35-11:05am -Gymnast Registration
11:05-11:20am – Open Stretch
11:20-11:25am –Team Intro
11:25-2:20pm – Competition
2:35pm – Awards

Gyms in Session 4	Minimum # of Coaches
Capital (Level 8)	1
Cardinal (Level 8)	2
GMS (Level 8)	2
Gym World (Level 8)	3
Henderson (Level 8)	1
Richmond Olympiad (Level 8)	1

Awards after session 4:

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

Saturday December 13th, 2014

Session 5: Level 9

1:50-2:20pm – Gymnast Registration
2:20-2:35pm – Open Stretch
2:35-2:40pm –Team Intro
2:40-5:45pm – Competition
6:00pm – Awards

Gyms in Session 5	Minimum # of Coaches
Capital (Level 9)	1
Cardinal (Level 9)	1
Henderson (Level 9)	1
Hills (Level 9)	1
GMS (Level 9)	1
Gymstrada (Level 9)	1
Gym Quest (Level 9)	1
Gym World (Level 9)	2
Richmond Olympiad (Level 9)	1
River City (Level 9)	1
Roanoke (Level 9)	1
VIGS (Level 9)	1

Awards after Session 5:

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

Saturday December, 13th, 2014

Session 6: Level 8 and Level 10

5:15-5:45pm – Gymnast Registration
5:45-6:00pm – Open Stretch
6:00-6:05pm – Team Intro
6:05-9:05pm – Competition
9:20pm – Awards

Gyms in Session 6	Minimum # of Coaches
Capital (Level 10)	2
GMS (Level 10)	1
Gymstrada (Level 10)	1
Gym World (Level 8, 10)	2
Hills (Level 10)	2
Roanoke (Level 10)	1
VIGS (Level 10)	1

Awards after session 6:

-Level 8 Individual and AA awards will be immediately after session 6.

Level 8 Team Awards will be after Session 7.

-Level 10 Individual, AA, and Team awards will be immediately after session 6.

Sunday, December 14th, 2014

Session 7: Level 8, Level 9 Xcel Bronze, Xcel Gold, Xcel Platinum, Xcel Diamond

7:30-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-8:20am – Team Intro
8:20-11:05am – Competition
11:20am – Awards

Gyms in Session 7	Minimum # of Coaches
All American (XB, XG)	2
Gymstrada (Level 8, XB, XG, XP, XD)	5
Hurricane (XB, XG, XP)	2
River City (Level 8)	1
Roanoke (Level 8, 9)	1
VIGS (Level 8)	1

Awards after session 7:

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

-Level 9 AA awards will be immediately after session 7.

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

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

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

-Xcel Diamond AA awards will be immediately after session 7.

Sunday, December 14th, 2014

Session 8: Level 3

10:35-11:05am – Gymnast Registration
11:05-11:20am – Open Stretch
11:20-11:25am – Team Intro
11:25-1:55pm – Competition
2:10pm – Awards

Awards after session 8:

-Level 3 Individual, AA, and Team awards will be immediately after session 8.

Gyms in Session 8	Minimum # of Coaches
All American (Level 3)	1
Capital (Level 3)	2
Flipateers (Level 3)	1
GMS (Level 3)	2
Gymstrada (Level 3)	2
Henderson (Level 3)	1
Richmond Olympiad (Level 3)	4

Sunday, December 14th, 2014

Session 9: Level 4

1:25-1:55pm – Gymnast Registration
1:55-2:10pm – Open Stretch
2:10-2:15pm – Team Intro
2:15-4:50pm – Competition
5:05pm – Awards

Awards after session 9:

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

Gyms in Session 9	Minimum # of Coaches
Apollo (Level 4)	2
Capital (Level 4)	2
Cardinal (Level 4)	1
GMS (Level 4)	1
Roanoke (Level 4)	1
VIGS (Level 4)	1

Sunday, December 14th, 2014

Session 10: Level 4 and Xcel Silver

4:20-4:50pm – Gymnast Registration
4:50-5:05pm – Open Stretch
5:05-5:10pm – Team Intro
5:10-7:40pm – Competition
7:55pm – Awards

Awards after session 10:

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

-Xcel Silver Individual, AA, and Team awards will be immediately after session 10.

Gyms in Session 10	Minimum # of Coaches
All American (XS)	1
Gymstrada (Level 4, XS)	4
Flipateers (Level 4)	1
Hurricane (XS)	1
Richmond Olympiad (Level 4)	4
WISC (Level 4)	1

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 12/6/14 – 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 2014 Gymstrada Invitational will be the gymnast's age as the last meet of the season (same as VAUSAG).
8. Vault Boards- AAI Stratum Boards will be available at every event

