



February 7<sup>th</sup>-8th, 2015

# 2015 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](http://www.gymstrada.com) for updates

Meet Location: Ocean Lakes High School

885 Schumann Drive, Virginia Beach, VA 23454

Saturday February 7<sup>th</sup>, 2015

## Session 1: Level 7, Level 6 (Gymstrada ONLY)

7:30-8:00am – Gymnast Registration

8:00-8:15am – Open Stretch

8:15-8:20am – Team Intro

8:20-11:10am – Competition

11:25am – Awards

Gyms in Session 1	Minimum # of coaches
Apollo (Level 7)	2
Arlington (Level 7)	1
Excalibur (Level 7)	1
Falcon (Level 7)	1
Galaxy (Level 7)	1
Gymstrada (Level 6, 7)	2
Harford (Level 7)	1
Hurricane (Level 7)	1
MarVaTeens (Level 7)	1
Montgomery (Level 7)	1
VA Techniques (Level 7)	1
VIGS (Level 7)	1

## Awards after Session 1:

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

-Level 7 Individual, AA, and Team awards will be immediately after session 1

## Saturday February 7<sup>th</sup>, 2015

### Session 2: Level 6

10:40-11:10am – Gymnast Registration  
 11:10-11:25am – Open Stretch  
 11:25-11:30am – Team Intro  
 11:30-2:20pm – Competition  
 2:35pm – Awards

Gyms in Session 2	Minimum # of Coaches
Apollo (Level 6)	2
Arlington (Level 6)	1
Excalibur (Level 6)	1
Falcon (Level 6)	1
Galaxy (Level 6)	1
Harford (Level 6)	1
Montgomery (Level 6)	1
Twist (Level 6)	1
VA Techniques (Level 6)	2
VIGS (Level 6)	1
Woods (Level 6)	1

### Awards after Session 2:

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

## Saturday February 7<sup>th</sup>, 2015

### Session 3: Level 8, Xcel Diamond

1:50-2:20pm – Gymnast Registration  
 2:20-2:35pm – Open Stretch  
 2:35-2:40pm – Team Intro  
 2:40-5:40pm – Competition  
 5:55pm – Awards

Gyms in Session 3	Minimum # of Coaches
Apollo (Level 8)	1
Berks (Level 8)	2
Falcon (Level 8)	1
Galaxy (Level 8)	1
Gymstrada (Level 8, XD)	2
Harford (Level 8)	1
Hurricane (Level 8)	1
Montgomery (Level 8, XD)	1
Twist (XD)	1
VA Techniques (Level 8)	1
Woods (Level 8)	1

### Awards after Session 3:

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

-Xcel Diamond Individual and AA awards will be immediately after session 3.

## Saturday, February 7<sup>th</sup>, 2015

### Session 4: Level 9, Level 10, Xcel Platinum

5:10-5:40pm -Gymnast Registration  
5:40-5:55pm – Open Stretch  
5:55-6:00pm –Team Intro  
6:00-9:00pm – Competition  
9:15pm – Awards

Gyms in Session 4	Minimum # of Coaches
Apollo (Level 9, 10)	2
Falcon (XP)	1
Galaxy (Level 10)	1
Gymstrada (Level 9,10,XP)	3
Harford (Level 9, 10)	1
Hurricane (Level 9, 10)	1
MarVaTeens (Level 9)	1
Montgomery (Level 9, 10)	1
River City (XP)	1
Twist (XP)	1
VA Techniques (Level 9, 10)	1

### Awards after session 4:

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

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

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

## Sunday February 8<sup>th</sup>, 2015

### Session 5: Level 3

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 5	Minimum # of Coaches
Arlington (Level 3)	2
Excalibur (Level 3)	1
Gymstrada (Level 3)	2
Paragon (Level 3)	2
Woods (Level 3)	1

### Awards after Session 5:

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

## Sunday February 8<sup>th</sup>, 2015

### Session 6: Xcel Bronze, Xcel Silver

10:30-11:00am – Gymnast Registration  
11:00-11:15am – Open Stretch  
11:15-11:20am – Team Intro  
11:20-2:10 – Competition  
2:25pm – Awards

Gyms in Session 6	Minimum # of Coaches
Excalibur (XB, XS)	2
Gymstrada (XB, XS)	2
River City (XB, XS)	4
Twist (XS)	2
Woods (XS)	1

### Awards after session 6:

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

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

## Sunday, February 8<sup>th</sup>, 2015

### Session 7: Level 4

1:40-2:10pm – Gymnast Registration  
2:10-2:25pm – Open Stretch  
2:25-2:30pm – Team Intro  
2:30-5:10pm – Competition  
5:25pm – Awards

Gyms in Session 7	Minimum # of Coaches
Apollo (Level 4)	2
Arlington (Level 4)	2
Excalibur (Level 4)	1
Gymstrada (Level 4)	2
MarVaTeens (Level 4)	1
Paragon (Level 4)	2

### Awards after session 7:

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

**Sunday, February 8<sup>th</sup>, 2015**

**Session 8: Level 5, Xcel Gold**

4:40-5:10pm – Gymnast Registration  
5:10-5:25pm – Open Stretch  
5:25-5:30pm – Team Intro  
5:30-8:20pm – Competition  
8:35pm – Awards

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**ards after session 8:**

**-Level 5 Individual, AA, and Team awards will be immediately after session 8.**

Gyms in Session 8	Minimum # of Coaches
Apollo (Level 5)	2
Arlington (Level 5)	2
Falcon (Level 5)	1
Gymstrada (XG)	1
MarVaTeens (Level 5)	1
River City (XG)	2
Twist (XG)	1
Woods (XG)	1

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

**\*\*ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 1/5/15 – 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 2015 Virginia Beach Classic 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

