



November 30th-December 2nd, 2018

2018 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 November 30th, 2018

Session 1: Level 8

7:30-8:00am – Gymnast Registration

8:00-8:15am – Open Stretch

8:15-8:20am – Team Intro

8:20-11:05am – Competition

11:05-12:05pm – Awards

Gyms in Session 1	Minimum # of coaches
Aerial East	1
All American	1
Cardinal	1
Central VA	1
Gymstrada	1
Gym America	1
Hurricane	1
Richmond Olympiad	1
Sportsplex	1
VIGS	1

Awards after Session 1:

-Level 8 Individual, AA, and Team awards will be immediately after Session 1.

Friday November 30th, 2018

Session 2: Level 9
10:35-11:05am – Gymnast Registration
11:05-11:20am – Open Stretch
11:20-11:25am – Team Intro
11:25-2:25pm – Competition
2:25-3:25pm – Awards

Gyms in Session 2	Minimum # of Coaches
Aerial East	2
Cardinal	1
Docksiders	1
Dreams	1
Gym America	1
Hurricane	1
LemPossible	1
Ocean Tumblers	2
Richmond Olympiad	1
Sportsplex	1
VIGS	1

Awards after Session 2:

-Level 9 Individual, AA, and Team awards will be immediately after session 2.

Friday November 30th, 2018

Session 3: Level 10, Xcel Diamond, Level 9
1:55-2:25pm – Gymnast Registration
2:25-2:40pm – Open Stretch
2:40-2:45pm – Team Intro
2:45-5:45pm – Competition
5:45-6:45pm – Awards

Gyms in Session 3	Minimum # of Coaches
All American (XD)	1
Central VA (Level 10)	1
Docksiders (Level 10)	2
Frederick (XD)	1
Gymstrada (Level 9, Level 10, XD)	3
Gym America (Level 10)	1
Hurricane (Level 10)	1
Ocean Tumblers (Level 10)	1
Sportsplex (Level 10)	1
VIGS (Level 10)	1

Awards after Session 3:

-Level 9 Individual, AA, and Team awards will be immediately after session 3.

-Level 10 Individual, AA, and Team awards will be immediately after session 3.

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

Friday November 30th, 2018

Session 4: Xcel Gold, Xcel Platinum

5:15-5:45pm -Gymnast Registration
5:45-6:00pm – Open Stretch
6:00-6:05pm –Team Intro
6:05-8:35pm – Competition
8:35-9:35pm – Awards

Gyms in Session 4	Minimum # of Coaches
All American (XG, XP)	2
Dreams (XG)	1
Gymstrada (XG, XP)	4
LemPossible (XG, XP)	2

Awards after session 4:

-Xcel Gold Individual, AA, and Team awards will be immediately after session 4.

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

Saturday December 1st, 2018

Session 5: Level Bronze, Xcel Silver

7:30-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-8:20am –Team Intro
8:20-10:50am– Competition
10:50-11:50am – Awards

Gyms in Session 5	Minimum # of Coaches
All American (XB, XS)	2
Dreams (XB, XS)	2
Gymstrada (XB, XS)	3
LemPossible (XS)	1

Awards after session 5:

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

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

Saturday December 1st, 2018

Session 6: Level 7

10:20-10:50am – Gymnast Registration
10:50-11:05am – Open Stretch
11:05-11:10am – Team Intro
11:10-2:10pm – Competition
2:10-3:10pm – Awards

Gyms in Session 6	Minimum # of Coaches
Aerial East	1
All American	1
Apollo	1
Cardinal	1
Central VA	1
Dreams	1
Gymstrada	1
Gym America	1
Hurricane	1
LemPossible	1
New Kent	1
Richmond Olympiad	1
Sportsplex	1
VIGS	1

Awards after Session 6:

-Level 7 Individual, AA, and Team awards will be immediately after session 6.

Saturday December 1st, 2018

Session 7: Level 6

1:40-2:10pm – Gymnast Registration
2:10-2:25pm – Open Stretch
2:25-2:30pm – Team Intro
2:30-5:15pm – Competition
5:15-6:15pm – Awards

Gyms in Session 7	Minimum # of Coaches
Aerial East	1
Cardinal	1
Full Force	1
Gymstrada	1
Gym America	1
Hurricane	1
Richmond Olympiad	2
VIGS	1

Awards after session 7:

-Level 6 Individual, AA, and Team awards will be immediately after session 7.

Saturday December 1st, 2018

Session 8: Level 5

4:45-5:15pm – Gymnast Registration
5:15-5:30pm – Open Stretch
5:30-5:35pm – Team Intro
5:35-7:55pm – Competition
7:55-8:55pm – Awards

Gyms in Session 8	Minimum # of Coaches
Aerial East	1
Apollo	1
Gymstrada	2
Hurricane	1
New Kent	1
Richmond Olympiad	2
VIGS	1

Awards after session 8:

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

Sunday December 2nd, 2018

Session 9: Level 4

7:30-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-8:20am – Team Intro
8:20-11:30am – Competition
11:30-12:30pm – Awards

Gyms in Session 9	Minimum # of Coaches
Aerial East	1
Apollo	1
Cardinal	1
Dreams	1
Flipateers	1
Flip N Cheer	1
Gymstrada	3
Gym America	1
Hurricane	1
New Kent	1
Richmond Olympiad	2
VIGS	1

Awards after session 9:

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

Session 10: Level 3

11:00-11:30am – Gymnast Registration
11:30-11:45am – Open Stretch
11:45-11:50am – Team Intro
11:50-2:30pm – Competition
2:30-3:30pm – Awards

Gyms in Session 10	Minimum # of Coaches
Aerial East	2
Flipateers	1
Flip N Cheer	1
Gymstrada	4
New Kent	1
Richmond Olympiad	4

Awards after session 10:

-Level 3 Individual, AA, and Team awards will be immediately after session 10.

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 10/23/18 – 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, Safe Sport U110 course, 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. Vault Boards- AAI Stratum Boards will be available at every event

