



May 4<sup>th</sup>-5<sup>th</sup>, 2019

# 2019 Xcel Xtravaganza

All Session Times will be Modified Traditional (Warm up / Compete with one set of equipment)

Times are subject to change based on additional entries – Check [www.gymstrada.com](http://www.gymstrada.com) for updates

Meet Location:

Gymstrada Gymnastics

5644 Parliament Drive, Virginia Beach, VA 23462

## Saturday May 4<sup>th</sup>, 2019

Session 1: Xcel Silver
7:30-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-8:20am – Team Intro
8:20-9:50am – Competition
9:50-10:50am – Awards

Gyms in Session 1	Minimum # of coaches
Gymstrada (XS)	1
Gym Bees (XS)	1
Gymnastics INC (XS)	2
New Kent (XS)	2

### Awards after Session 1:

-Xcel Silver Individual, AA and Team awards will be immediately after Session 1.

## Saturday May 4<sup>th</sup>, 2019

Session 2: Xcel Gold
10:50-11:20am – Gymnast Registration
11:20-11:35am – Open Stretch
11:35-11:40am – Team Intro
11:40-1:25pm – Competition
1:25-2:25pm – Awards

Gyms in Session 2	Minimum # of Coaches
Gymstrada (XG)	2
Gymnastics INC (XG)	2
Mecklenburg YMCA (XG)	1
New Kent (XG)	1

### Awards after Session 2:

-Xcel Gold Individual, AA and Team awards will be immediately after Session 2.

## Saturday May 4<sup>th</sup>, 2019

### Session 3: Xcel Bronze

2:25-2:55pm – Gymnast Registration  
2:55-3:10pm – Open Stretch  
3:10-3:15pm – Team Intro  
3:15-5:15pm – Competition  
5:15-6:15pm – Awards

Gyms in Session 3	Minimum # of Coaches
Gymstrada (XB)	1
Gym Quest (XB)	1
Hurricane (XB)	1
Paragon (XB)	1
Mecklenburg YMCA (XB)	1
New Kent (XB)	3
Richmond Twisters (XB)	1

### Awards after Session 3:

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

## Saturday May 4<sup>th</sup>, 2019

### Session 4: Xcel Silver

6:15-6:45pm -Gymnast Registration  
6:45-7:00pm – Open Stretch  
7:00-7:05pm – Team Intro  
7:05-8:35pm – Competition  
8:35-9:35pm – Awards

Gyms in Session 4	Minimum # of Coaches
Gym Quest (XS)	1
Hurricane (XS)	1
Paragon (XS)	1
Richmond Twisters (XS)	1
Stafford (XS)	2

### Awards after session 4:

-Xcel Silver Individual, AA, and Team Awards will be immediately after session 4.

## Sunday May 5<sup>th</sup>, 2019

### Session 5: Xcel Gold

7:30-8:00am – Gymnast Registration  
8:00-8:15am – Open Stretch  
8:15-8:20am – Team Intro  
8:20-10:05am – Competition  
10:05-11:05am – Awards

Gyms in Session 5	Minimum # of Coaches
Gym Quest (XG)	1
Hurricane (XG)	1
Paragon (XG)	2
Richmond Twisters (XG)	1
Stafford (XG)	1

### Awards after Session 5:

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

## Sunday May 5<sup>th</sup>, 2019

### Session 6: Xcel Platinum

11:05-11:35am—Gymnast Registration  
11:35-11:50am – Open Stretch  
11:50-11:55am –Team Intro  
11:55-1:55pm – Competition  
1:55-2:55pm – Awards

Gyms in Session 6	Minimum # of Coaches
Gymstrada (XP)	1
Gymnastics INC (XP)	1
Gym Quest (XP)	1
Hurricane (XP)	1
Paragon (XP)	1
Richmond Twisters (XP)	1
Stafford (XP)	1

### Awards after session 6:

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

## Sunday May 5<sup>th</sup>, 2019

### Session 7: Xcel Diamond

2:55-3:25pm—Gymnast Registration  
3:25-3:40pm – Open Stretch  
3:40-3:45pm –Team Intro  
3:45-5:15pm – Competition  
5:15-6:15pm – Awards

Gyms in Session 7	Minimum # of Coaches
Gymstrada (XD)	2
Gym Quest (XD)	1
Hurricane (XD)	1
Paragon (XD)	2

### Awards after session 7:

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

**\*\*ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 4/2/19 – 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, U110 Safe Sport, 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 2019 Xcel Xtravaganza will be the gymnast's age at the date of the competition.
8. Vault Boards- AAI Stratum Boards will be available at every event