



2019 Gymstrada Invitational

December 13th-15th, 2019

You are invited to the 2019 Gymstrada Invitational hosted by Gymstrada Gymnastics. This will be our 29th year hosting the Gymstrada Invitational and it will be held at the Virginia Beach Convention Center. The Virginia Beach Convention Center is located at: 1000 19th Street, Virginia Beach, VA 23451.

Make a trip down to beautiful Virginia Beach, VA and stay right on the Atlantic Ocean. Host hotels will be Oceanfront and approximately one-two minutes from the Virginia Beach Convention Center. This meet will fill up quick, so don't miss out! We will have the final schedule done right after the entry deadline of November 4th, 2019 giving you plenty of time to make travel arrangements. We hope you can make it, and let me know if you have any questions!

Sincerely,

Nic Tolley and Gymstrada Gymnastics
757-499-8591
NicTolley@gmail.com

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*Coaches receive Prize money for team placement
(All JO Levels and Xcel Divisions)*

1st place Team-\$100, 2nd Place Team-\$50, 3rd Place Team- \$20

**Prize money will be given out after all JO Levels / Xcel Divisions have competed*

**3 scores per event needed to qualify for prize money*

**If you have any questions you may call the office at 757-499-8591 or email Nic Tolley at
NicTolley@gmail.com**

Host Club: Gymstrada Gymnastics

Competing Levels: Levels 2-10 USAG and All Xcel Divisions

Entry Fees: J.O. Levels 2 – 10 & All Xcel Divisions - \$115.00 per gymnast

Website: www.Gymstrada.com

Entries: Make checks payable to Gymstrada and please mail all entries to:
Gymstrada ATTN: Nic Tolley
5644 Parliament Drive,
Virginia Beach, VA 23462

Meet Director/Coordinator: Nic Tolley: Email: NicTolley@gmail.com Phone number: 757-499-8591

Entry Deadline: November 4th, 2019

Cancellation Deadline: No Refunds after November 4th, 2019 for any reason

Level Change Deadline: November 18th, 2019
No swaps/changes after November 18th, 2019

Late Fee: \$10 per gymnast if entry is received after November 4th, 2019

Competition Schedule: Friday December 13th, 2019 from 8:00am-10:00pm
Saturday December 14th, 2019 from 8:00am – 10:00 pm
Sunday December 15th, 2019 from 8:00 am – 10:00 pm
**session times will be posted on www.gymstrada.com after November 8th, 2019

Team Trophy Entry Fees: \$50.00 per team

Level 2-10: The 3 highest scores per event count toward team score.
All Xcel Divisions: The 3 highest scores per event count towards team score

**You may only have 1 team per level entered. Clubs can win multiple levels.
**Team trophies will be given for the first, second, and third placed teams

Equipment:

VAULT: AAI Vault table, Tac/10
Base Mats: 12 Centimeters
Run Way: 82'; Thickness: 1 & 3/8 inches
Resilite Level 3 vaulting system

BARS: AAI Competition Bars
AAI "soft blue Rails" will be used
Base Mats: 12 Centimeters

BEAM: AAI Competition Beam
Base mats: 12 Centimeters

FLOOR: AAI Spring floor

*8" mats, 4" mats, and Sting mats available at every event

* Multiple Spring Boards available

AAI Tac/10 LZT Stratum Vault Board

AAI Stratum Vault Board (Grey Carpet)

Competition Format:

Modified Capital Cup Format

Competition Location:

Gymstrada will host the 2019 Gymstrada Invitational at the Virginia Beach Convention Center, which is located at: 1000 19th Street, Virginia Beach, VA 23451. (<http://www.visitvirginiabeach.com/conventioncenter/>)

Admission Fees:

Ages	One Day	Weekend (3 Days)
Ages 5 & Under	Free	Free
Ages 6 - 12	\$15.00	\$20.00
Ages 13 & up	\$20.00	\$25.00
Senior Citizens (55 and over)	\$15.00	\$20.00

*Cash and Credit Cards Accepted for admission Fees

Awards:

- Three to five age division per level (depending on number of entries per level)
- Medals: 50% on Individual events and 100% in the All Around
- Individual / Team awards will be given after each session

Results:

Will be posted on our website (www.gymstrada.com) after the competition

Area Attractions:

Virginia Beach Convention Center: (<http://www.visitvirginiabeach.com/conventioncenter/>)

Beach Street USA: (<http://www.beachstreetusa.com/>)

Holiday Lights: (<http://www.beachstreetusa.com/festivals/mcdonalds-holiday-lights-beach>)

Virginia Beach Oceanfront: (<http://www.virginiabeach.com/attractions/oceanfront>)

The Official Virginia Beach tourism website (<http://www.visitvirginiabeach.com>)

Virginia Aquarium and Marine Science Center: (www.virginiaaquarium.com)

Town Center of Virginia Beach: (www.vabeachtowncenter.com)

Virginia Beach Restaurants Guide: (www.vbrestaurantguide.com)

Shopping: Lynnhaven Mall (www.Lynnhavenmall.com) MacArthur Center (www.shopmacarthur.com)

Naticus: (www.naticus.org)

The Children's Museum: (<http://www.childrensmuseumva.com/visit.html>)

Great Wolf Lodge: (<http://www.greatwolf.com/williamsburg/waterpark>)

2019-2020 Official Gymstrada Gymnastics Entry Form

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\$115 per gymnast (JO and Xcel)

Team Trophy Entry Fee: \$50 per Level (Levels 2-10 & All Xcel Divisions)

Name of Meet Attending: _____ Date of Meet: _____

Team Name: _____ USAG Club #: _____

Team Address: _____ City: _____ State: _____ Zip: _____

Club Phone #: _____ Club Fax #: _____

Team Contact: _____ Contact Email: _____ Contact Phone #: _____

Coaches First & Last Names	USAG # & Expiration	Safety Expiration	Background Check Expiration

#'s	Gymnasts Last Name	Gymnasts First Name	USAG #	Level	Date of Birth	US Citizen?
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Number of Gymnasts Entered: _____ X \$115 = _____

JO Team Entries: **2** **3** **4** **5** **6** **7** **8** **9** **10** _____ X \$50 = _____

Xcel Team Entries: **Bronze** **Silver** **Gold** **Platinum** **Diamond** _____ X \$50 = _____

(Circle all JO Levels/Xcel Divisions that you are entering)

Total Entry Fee: _____ \$ _____

Make club check payable to: Gymstrada /Send entries to: Gymstrada Attn: Nic Tolley, 5644 Parliament Drive, Virginia Beach, VA 23462