



February 8th-10th, 2019

2019 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 for updates

Meet Location: Ocean Lakes High School

885 Schumann Drive, Virginia Beach, VA 23454

Friday February 8th, 2019

Session 1: Level 3

5:45-6:15pm– Gymnast Registration
6:15-6:30pm – Open Stretch
6:30-6:35pm –Team Intro
6:35-9:15pm – Competition
9:15-10:00pm – Awards

Gyms in Session 1	Minimum # of coaches
Coastal Point (Level 3)	1
Dynamic (Level 3)	1
Gymstrada (Level 3)	2
Hurricane (Level 3)	1
River City (Level 3)	1
Roanoke Academy (Level 3)	1
VA Techniques (Level 3)	2
WISC (Level 3)	1
YMCA Angels (Level 3)	1

Awards after Session 1:

-Level 3 Individual, AA, and Team awards will be immediately after session 1.

Saturday February 9th, 2019

Session 2: Level 4

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

Gyms in Session 2	Minimum # of Coaches
Coastal Point (Level 4)	1
Dynamic (Level 4)	1
Gymstrada (Level 4)	2
Hurricane (Level 4)	1
River City (Level 4)	1
Roanoke Academy (Level 4)	1
Twist (Level 4)	1
VA Techniques (Level 4)	2
WISC (Level 4)	1

Awards after Session 2:

-Level 4 Individual, AA, and Team awards will be immediately after session 2.

Saturday February 9th, 2019

Session 3: Level 5 and Level 6

10:30-11:00am – Gymnast Registration
11:00-11:15am – Open Stretch
11:15-11:20am –Team Intro
11:20-2:20pm – Competition
2:20-3:20pm – Awards

Gyms in Session 3	Minimum # of Coaches
Dynamic (Level 5 and 6)	2
Full Force (Level 6)	1
Gymstrada (Level 5 and 6)	2
Hurricane (Level 5 and 6)	2
Novaks (Level 6)	1
Roanoke Academy (Level 5 and 6)	2
Twist (Level 6)	1
WISC (Level 5 and 6)	2
YMCA Angels (Level 5 and 6)	2

Awards after Session 3:

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

-Level 6 Individual, AA, and Team awards will be immediately after session 3.

Saturday, February 9th, 2019

Session 4: Level 7 and Level 8

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

Gyms in Session 4	Minimum # of Coaches
Dynamic (Level 7)	1
Gymstrada (Level 8)	1
Hurricane (Level 7 and 8)	2
Novaks (Level 7 and 8)	2
Roanoke Academy (Level 7 and 8)	2
VIGS (Level 8)	1
WISC (Level 7 and 8)	2

Awards after session 4:

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

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

Saturday February 9th, 2019

Session 5: Level 9, Level 10

5:10-5:40pm – Gymnast Registration
5:40-5:55pm – Open Stretch
5:55-6:00pm –Team Intro
6:00-8:40pm – Competition
8:40-9:40pm – Awards

Gyms in Session 5	Minimum # of Coaches
Gymstrada (Level 9 and 10)	2
Hurricane (Level 9 and 10)	1
Novaks (Level 9 and 10)	1
Roanoke Academy (Level 9 and 10)	1
VIGS (Level 9 and 10)	1

Awards after Session 5:

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

-Level 10 Individual, AA, and Team awards will be immediately after session 5.

Sunday February 10th, 2019

Session 6: Xcel Bronze, Xcel Platinum, Xcel Diamond

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

Gyms in Session 6	Minimum # of Coaches
Gymstrada (Xcel Bronze, Xcel Platinum, Xcel Diamond)	4
Head over Heels (Xcel Bronze, Xcel Platinum)	2
Hurricane (Xcel Bronze, Xcel Platinum, Xcel Diamond)	2
Roanoke Academy (Xcel Diamond)	1
Twist (Xcel Bronze, Xcel Platinum)	2
Windsor (Xcel Bronze, Xcel Platinum)	2

Awards after session 6:

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

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

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

Sunday February 10th, 2019

Session 7: Xcel Gold

10:50-11:20am – Gymnast Registration
11:20-11:35am – Open Stretch
11:35-11:40am – Team Intro
11:40-2:30pm – Competition
2:30-3:30pm – Awards

Gyms in Session 7	Minimum # of Coaches
Gymstrada (Xcel Gold)	2
Head over Heels (Xcel Gold)	1
Hurricane (Xcel Gold)	1
Ocean Tumblers (Xcel Gold)	3
Twist (Xcel Gold)	1
Windsor (Xcel Gold)	1

Awards after session 7:

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

Sunday February 10th, 2019

Session 8: Xcel Silver
2:00-2:30pm – Gymnast Registration
2:30-2:45pm – Open Stretch
2:45-2:50pm – Team Intro
2:50-5:40pm – Competition
5:40-6:40pm – Awards

Gyms in Session 8	Minimum # of Coaches
Gymstrada (Xcel Silver)	1
Head over Heels (Xcel Silver)	1
Hurricane (Xcel Silver)	1
Ocean Tumblers (Xcel Silver)	3
Twist (Xcel Silver)	3
Windsor (Xcel Silver)	1

Awards after session 8:

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

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 1/3/19 – 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 to be on the field on play. This means that all required courses are up-to- date (Safety Certification, Background Check, U110-Safe Sport, and U100-fundamentals to gymnastics instruction). 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 Virginia Beach Classic will be the gymnast's age at the date of the competition.
8. Vault Boards- AAI Stratum Boards will be available at every event. Vault Runway is 1 3/8" Thickness.

