



2019 Virginia Beach Classic

February 8th-10th, 2019

You are invited to the 2019 Virginia Beach Classic, hosted by Gymstrada Gymnastics. This will be our 42nd year hosting the Virginia Beach Classic and it will be held at Ocean Lakes High School (OLHS). OLHS is located at 885 Schumann Drive, Virginia Beach, VA 23454 and is approximately 10 minutes from the Virginia Beach Oceanfront.

Make a trip down to beautiful Virginia Beach, VA and stay right on the Atlantic Ocean. This meet will fill up quick, so don't miss out! We will have the final schedule done right after the entry deadline of January 2nd, 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

2019 VIRGINIA BEACH CLASSIC

February 8th-10th, 2019

*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*

**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:** January 2nd, 2019
- Cancellation Deadline:** No Refunds after January 2nd, 2019 for any reason
- Level Change Deadline:** January 16th, 2019
No swaps/changes after January 16th, 2019
- Late Fee:** \$10 per gymnast if entry is received after January 2nd, 2019
- Competition Schedule:** Friday February 8th, 2019 from 6:00pm-10:00pm
Saturday February 9th, 2019 from 8:00am – 10:00 pm
Sunday February 10th, 2019 from 8:00 am – 10:00 pm
**session times will be posted on www.gymstrada.com after January 12th, 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 (Gray Carpet top)

Competition Format:

Modified Capital Cup Format

Competition Location:

Gymstrada will host the 2019 Virginia Beach Classic at Ocean Lakes High School (OLHS), which is located approximately 10 minutes from the Virginia Beach Ocean Front. OLHS's address is: 885 Schumann Drive, Virginia Beach, VA 23454. (<http://www.oceanlakeshs.vbschools.com/>)

Admission Fees:

Ages	One Day	Two Days
Ages 5 & Under	Free	Free
Ages 6 - 12	\$5.00	\$10.00
Ages 13 & up	\$10.00	\$15.00
Senior Citizens (55 and over)	\$5.00	\$10.00

*ONLY CASH 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:

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

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)

Nauticus: (www.nauticus.org)

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

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

Host Hotel Information:

1. SpringHill Suites Oceanfront (Marriott) -

- 901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- Hotel Website: <http://www.springhillsuitesvirginiabeach.com/>
 - Included with hotel - Free hot breakfast and parking
 - **MORE INFORMATION COMING SOON**

2. Fairfield Inn and Suites Oceanfront (Marriott) -

- 1901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- Hotel Website: <http://www.marriott.com/hotels/travel/orfva-fairfield-inn-and-suites-virginia-beach-oceanfront/>
 - Included with hotel - Free hot breakfast and parking
 - **MORE INFORMATION COMING SOON**

3. Hilton Virginia Beach Oceanfront -

- 3001 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- Hotel Website: <http://www.hiltonvb.com/>
 - **MORE INFORMATION COMING SOON**