



2020 Virginia Beach Classic

February 7th-9th, 2020

You are invited to the 2020 Virginia Beach Classic, hosted by Gymstrada Gymnastics. This will be our 43rd 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, 2020, 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

2020 VIRGINIA BEACH CLASSIC

February 7th-9th, 2020

*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 needed per event to qualify for the 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:** January 2nd, 2020
- Cancellation Deadline:** No Refunds after January 2nd, 2020 for any reason
- Level Change Deadline:** January 16th, 2020
No swaps/changes after January 16th, 2020
- Late Fee:** \$10 per gymnast if entry is received after January 2nd, 2020
- Competition Schedule:** Friday February 7th, 2020 from 6:00pm-10:00pm
Saturday February 8th, 2020 from 8:00am – 10:00 pm
Sunday February 9th, 2020 from 8:00 am – 10:00 pm
**session times will be posted on www.gymstrada.com after January 7th, 2020
- 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 2020 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	Three 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)
- Naticus: (www.nauticus.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

2020 Virginia Beach Classic

February 7th-9th, 2020

\$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