



2021 Gymstrada Invitational

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: Virginia Beach Convention Center (**Exhibit Hall B**)

1000 19th Street

Virginia Beach, VA 23451

Friday December 3rd, 2021

Session 1: Level 5

7:40-8:00am – Gymnast Registration

8:00-8:15am – Open Stretch

8:15-10:35am – Competition

10:50am – Awards (**Exhibit Hall C**)

Awards after Session 1:

-Level 5 Individual, AA, and Team awards will be immediately after Session 1.

Gyms in Session 1	Minimum # of coaches
Aerial East	1
Cardinal	1
Full Force	1
Gymstrada	1
Hurricane	1
Richmond Olympiad	2
River City	1
Stafford	1
Twist	1
VIGS	1
VA Techniques	1

Friday December 3rd, 2021

Session 2: Level 6

10:15-10:35am – Gymnast Registration

10:35-10:50am – Open Stretch

10:50-1:35pm – Competition

1:50pm – Awards (**Exhibit Hall C**)

Awards after Session 2:

-Level 6 Individual, AA, and Team awards will be immediately after session 2.

Gyms in Session 2	Minimum # of Coaches
Aerial East	1
Cardinal	1
Dreams	1
Dynamic	1
Elite Athletics	1
Gymstrada	1
Hurricane	1
Richmond Olympiad	1
River City	1
Stafford	1
VIGS	1
VA Techniques	1
Xtreme Heights	2

Friday December 3rd, 2021

Session 3: Level 7

1:15-1:35pm – Gymnast Registration

1:35-1:50pm – Open Stretch

1:50-4:10pm – Competition

4:25pm – Awards (**Exhibit Hall C**)

Awards after Session 3:

-Level 7 Individual, AA, and Team awards will be immediately after session 3.

Gyms in Session 3	Minimum # of Coaches
Aerial East	1
Cardinal	1
Dreams	1
Dynamic	1
Elite Athletics	1
Full Force	1
Gymstrada	1
Hurricane	1
Middlesex	1
Richmond Olympiad	1
Stafford	1
Virginia Elite	1
VIGS	1
Xtreme Heights	1

Friday December 3rd, 2021

Session 4: Level 8
3:50-4:10pm -Gymnast Registration
4:10-4:25pm – Open Stretch
4:25-7:00pm – Competition
7:15pm – Awards (Exhibit Hall C)

Awards after session 4:

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

Gyms in Session 4	Minimum # of Coaches
Aerial East	1
Cardinal	2
Dynamic	1
Arena	1
Gymstrada	1
LemPossible	1
Richmond Olympiad	1
Stafford	1
Virginia Elite	1
VIGS	1
Win-Win	1
Xtreme Heights	1

Friday December 3rd, 2021

Session 5: Level 9
6:40-7:00pm – Gymnast Registration
7:00-7:15pm – Open Stretch
7:15-9:45pm– Competition
10:00pm – Awards (Exhibit Hall C)

Awards after session 5:

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

Gyms in Session 5	Minimum # of Coaches
Aerial East	1
Docksiders	1
Arena	1
Hurricane	1
Richmond Olympiad	1
Stafford	1
Virginia Elite	1
VIGS	1
Win-Win	1
Xtreme Heights	1

Saturday December 4th, 2021

Session 6: Level 4

7:40-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-10:45am – Competition
11:00am – Awards (**Exhibit Hall C**)

Awards after Session 6:

-Level 4 Individual, AA, and Team awards will be immediately after session 6.

Gyms in Session 6	Minimum # of Coaches
Aerial East	2
Cardinal	1
Dreams	1
Hurricane	1
Virginia Elite	1
VIGS	2

Saturday December 4th, 2021

Session 7: Level 3

10:25-10:45am –Gymnast Registration
10:45-11:00am – Open Stretch
11:00-1:30pm – Competition
1:45pm – Awards (**Exhibit Hall C**)

Awards after session 7:

-Level 3 Individual, AA, and Team awards will be immediately after session 7.

Gyms in Session 7	Minimum # of Coaches
Aerial East	2
Cardinal	2
Virginia Elite	2
VIGS	2

Saturday December 4th, 2021

Session 8: Level 3

1:10-1:30pm – Gymnast Registration
1:30-1:45pm – Open Stretch
1:45-4:15pm – Competition
4:30pm – Awards (**Exhibit Hall C**)

Awards after session 8:

-Level 3 Individual, AA, and Team awards will be immediately after session 8.

Gyms in Session 8	Minimum # of Coaches
Gymstrada	2
Middlesex	1
Richmond Olympiad	2
VA Techniques	2
Xtreme Heights	1

Saturday December 4th, 2021

Session 9: Level 4

3:55-4:15pm – Gymnast Registration
4:15-4:30pm – Open Stretch
4:30-7:00pm– Competition
7:15pm – Awards (**Exhibit Hall C**)

Awards after session 9:

-Level 4 Individual, AA, and Team awards will be immediately after session 9.

Gyms in Session 9	Minimum # of Coaches
Gymstrada	2
Middlesex	1
Richmond Olympiad	3
River City	1
VA Techniques	1
Xtreme Heights	1

Saturday December 4th, 2021

Session 10: Level 10

6:40-7:00pm – Gymnast Registration
7:00-7:15pm – Open Stretch
7:15-9:45pm– Competition
10:00pm – Awards (**Exhibit Hall C**)

Awards after session 10:

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

Gyms in Session 10	Minimum # of Coaches
Aerial East	1
Cardinal	1
Docksiders	1
Arena	2
Gymstrada	1
Hurricane	1
LemPossible	1
VIGS	1
Win-Win	1

Sunday December 5th, 2021

Session 11: Xcel Platinum and Xcel Diamond
7:40-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-11:05am– Competition
11:20am – Awards (Exhibit Hall C)

Gyms in Session 11	Minimum # of Coaches
All American (XP and XD)	2
Dreams (XP and XD)	1
Full Force (XP)	1
Gymstrada (XP and XD)	2
LemPossible (XP and XD)	1
River City (XP)	1
Xtreme Heights (XP and XD)	1

Awards after session 11:

-Xcel Platinum Individual, AA, and Team awards will be immediately after session 11.

-Xcel Diamond Individual, AA, and Team awards will be immediately after session 11.

Sunday December 5th, 2021

Session 12: Xcel Gold
10:45-11:05am – Gymnast Registration
11:05-11:20am – Open Stretch
11:20-2:10pm– Competition
2:25pm – Awards (Exhibit Hall C)

Gyms in Session 12	Minimum # of Coaches
All American	1
Dreams	1
Full Force	1
Gymstrada	2
LemPossible	1
Middlesex	1
River City	2

Awards after session 12:

-Xcel Gold Individual, AA, and Team awards will be immediately after session 12.

Sunday December 5th, 2021

Session 13: Xcel Silver
1:50-2:10pm – Gymnast Registration
2:10-2:25pm – Open Stretch
2:25-5:05pm– Competition
5:20pm – Awards (Exhibit Hall C)

Awards after session 13:

-Xcel Silver Individual, AA, and

Team awards will be immediately after session 13.

Gyms in Session 13	Minimum # of Coaches
All American	1
Dreams	1
Full Force	1
Gymstrada	2
Middlesex	1
River City	3

Sunday December 5th, 2021

Session 14: Xcel Bronze
4:45-5:05pm – Gymnast Registration
5:05-5:20pm – Open Stretch
5:20-7:40pm– Competition
7:55pm – Awards (Exhibit Hall C)

Awards after session 14:

-Xcel Bronze Individual, AA, and

Team awards will be immediately after session 14.

Gyms in Session 14	Minimum # of Coaches
All American	1
Dreams	2
Full Force	1
Gymstrada	2
Middlesex	1
River City	3

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 11/23/21 – 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, Safety Certification, Background Check, Safe Sport U110 course, U112, U113, 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. Vault Boards- AAI Stratum Boards will be available at every event

