



2022 Virginia Beach Classic

February 11-13th, 2022

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 11th, 2022

Session 1: Level 6, Level 8, Level 9, and Level 10

5:40-6:00pm – Gymnast Registration

6:00-6:15pm – Open Stretch

6:15-9:15pm – Competition

9:30pm – Awards

Gyms in Session 1	Minimum # of coaches
Apollo (Levels 8, 9, 10)	1
Balance (Levels 6, 8)	2
Dynamic (Levels 6, 8)	2
Gym Quest (Level 8)	1
Gymstrada (Levels 6, 8, 10)	2
Hills (Level 6)	1
Hurricane (Levels 6, 8, 9, 10)	2
Stafford (Levels 6, 8, 9)	2
Triad (Level 10)	1
YMCA Angels (Level 8)	1

Awards after Session 1:

-Level 6 Individual, AA, and Team awards will be immediately after Session 1.

-Level 8 Individual, AA, and Team awards will be immediately after Session 1.

-Level 9 Individual, AA, and Team awards will be immediately after Session 1.

-Level 10 Individual, AA, and Team awards will be immediately after Session 1.

Saturday February 12th, 2022

Session 2: Level 5 and Level 7

7:40-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-10:55am – Competition
11:10am – Awards

Awards after Session 2:

-Level 5 Individual, AA, and Team awards will be immediately after session 2.

-Level 7 Individual, AA, and Team awards will be immediately after session 2.

Gyms in Session 2	Minimum # of Coaches
Apollo (Level 7)	1
Balance (Level 7)	1
Dynamic (Levels 5, 7)	2
Full Force (Levels 5, 7)	2
Gymstrada (Levels 5, 7)	2
Hills (Level 7)	2
Hurricane (Levels 5, 7)	2
Stafford (Levels 5, 7)	2
Twist (Level 7)	1
YMCA Angels (Levels 5, 7)	2

Saturday February 12th, 2022

Session 3: Level 4

10:35-10:55am – Gymnast Registration
10:55-11:10am – Open Stretch
11:10-1:50pm – Competition
2:05pm – Awards

Awards after Session 3:

-Level 4 Individual, AA, and Team awards will be immediately after session 3.

Gyms in Session 3	Minimum # of Coaches
Central VA (Level 4)	1
Dynamic (Level 4)	1
Gym Quest (Level 4)	1
Gymstrada (Level 4)	1
Hurricane (Level 4)	1
OT (Level 4)	2
Paragon (Level 4)	2
Stafford (Level 4)	2
Williamsburg (Level 4)	1
YMCA Angels (Level 4)	1

Saturday February 12th, 2022

Session 4: Level 3 (Group A)

1:30-1:50pm -Gymnast Registration
1:50-2:05pm – Open Stretch
2:05-4:35pm – Competition
4:50pm – Awards

Awards after session 4:

-Level 3 Individual, AA, and Team awards will be immediately after session 4.

Gyms in Session 4	Minimum # of Coaches
Dynamic (Level 3)	1
Hurricane (Level 3)	1
OT (Level 3)	3
Paragon (Level 3)	3

Saturday February 12th, 2022

Session 5: Level 3 (Group B) and Xcel Bronze (Group B)

4:15-4:35pm – Gymnast Registration
4:35-4:50pm – Open Stretch
4:50-7:10pm – Competition
7:25pm – Awards

Gyms in Session 5	Minimum # of Coaches
Gym Quest (Xcel Bronze)	1
Gymstrada (Level 3 and Xcel Bronze)	4
Stafford (Xcel Bronze)	1
Twist (Xcel Bronze)	1
Williamsburg (Level 3)	2
YMCA Angels (Level 3)	1

Awards after session 5:

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

-Xcel Bronze Individual, AA, and Team awards will be immediately after session 5.

Saturday February 12th, 2022

Session 6: Xcel Bronze (Group A)

6:50-7:10pm – Gymnast Registration
7:10-7:25pm – Open Stretch
7:25-9:45pm – Competition
10:00pm – Awards

Gyms in Session 6	Minimum # of Coaches
All American (Xcel Bronze)	1
Full Force (Xcel Bronze)	1
OT (Xcel Bronze)	3
Paragon (Xcel Bronze)	2
Williamsburg (Xcel Bronze)	2
Windsor (Xcel Bronze)	1

Awards after Session 6:

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

Sunday February 13th, 2022

Session 7: Xcel Silver (Group A)

7:40-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-10:40am – Competition
10:55am – Awards

Gyms in Session 7	Minimum # of Coaches
All American (Xcel Silver)	1
Gym Quest (Xcel Silver)	1
OT (Xcel Silver)	3
Paragon (Xcel Silver)	1
Williamsburg (Xcel Silver)	2
Windsor (Xcel Silver)	1

Awards after session 7:

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

Sunday February 13th, 2022

Session 8: Xcel Silver (Group B) and Xcel Diamond

10:20-10:40am – Gymnast Registration
10:40-10:55am – Open Stretch
10:55-1:35pm– Competition
1:50pm – Awards

Gyms in Session 8	Minimum # of Coaches
All American (Xcel Diamond)	1
Gym Quest (Xcel Diamond)	1
Gymstrada (Xcel Silver & Xcel Diamond)	2
Hurricane (Xcel Silver)	1
OT (Xcel Diamond)	1
Paragon (Xcel Diamond)	1
Stafford (Xcel Silver & Xcel Diamond)	2
Twist (Xcel Silver)	1
Williamsburg (Xcel Diamond)	1

Awards after session 8:

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

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

Sunday February 13th, 2022

Session 9: Xcel Platinum

1:15-1:35pm – Gymnast Registration
1:35-1:50pm – Open Stretch
1:50-4:25pm– Competition
4:40pm – Awards

Gyms in Session 9	Minimum # of Coaches
All American (Xcel Platinum)	1
Full Force (Xcel Platinum)	1
Gymstrada (Xcel Platinum)	1
Hurricane (Xcel Platinum)	1
OT (Xcel Platinum)	2
Paragon (Xcel Platinum)	1
Stafford (Xcel Platinum)	1
Twist (Xcel Platinum)	1
Williamsburg (Xcel Platinum)	1
Windsor (Xcel Platinum)	1

Awards after session 9:

-Xcel Platinum Individual, AA, and

Team awards will be immediately after session 9.

Sunday February 13th, 2022

Session 10: Xcel Gold (Group A)
4:05-4:25pm – Gymnast Registration
4:25-4:40pm – Open Stretch
4:40-7:10pm– Competition
7:25pm – Awards

Gyms in Session 10	Minimum # of Coaches
All American (Xcel Gold)	1
Gym Quest (Xcel Gold)	1
Paragon (Xcel Gold)	2
Stafford (Xcel Gold)	2
Twist (Xcel Gold)	3

Awards after session 10:

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

Sunday February 13th, 2022

Session 11: Xcel Gold (Group B)
6:50-7:10pm – Gymnast Registration
7:10-7:25pm – Open Stretch
7:25-9:45pm– Competition
10:00pm – Awards

Gyms in Session 11	Minimum # of Coaches
Full Force (Xcel Gold)	1
Gymstrada (Xcel Gold)	3
Hurricane (Xcel Gold)	1
OT (Xcel Gold)	2
Williamsburg (Xcel Gold)	1
Windsor (Xcel Gold)	1

Awards after session 11:

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

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 1/7/22 – 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