



2022 Xcel Xtravaganza

April 30th-May 1st, 2022

All Session Times will be Modified Traditional (Warm up / Compete with one set of equipment)

Times are subject to change based on additional entries – Check www.gymstrada.com for updates

Meet Location:

Gymstrada Gymnastics

5644 Parliament Drive, Virginia Beach, VA 23462

Saturday April 30th, 2022

Session 1: Xcel Bronze

7:30-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-9:30am – Competition
9:30-10:15am – Awards

Gyms in Session 1	Minimum # of coaches
All American (Bronze)	1
Gym Quest (Bronze)	1
MEGA (Bronze)	1
VEGA (Bronze)	3

Awards after Session 1:

-Xcel Bronze Individual, AA, and Team awards will be immediately after Session 1.

Saturday April 30th, 2022

Session 2: Xcel Silver

10:15-10:45am – Gymnast Registration
10:45-11:00am – Open Stretch
11:00-12:30pm – Competition
12:30-1:15pm – Awards

Gyms in Session 2	Minimum # of Coaches
All American (Silver)	1
Gym Quest (Silver)	1
MEGA (Silver)	1
VEGA (Silver)	2

Awards after Session 2:

-Xcel Silver Individual, AA, and Team awards will be immediately after session 2.

Saturday April 30th, 2022

Session 3: Xcel Gold

1:15-1:45pm – Gymnast Registration
1:45-2:00pm – Open Stretch
2:00-3:45pm – Competition
3:45-4:30pm – Awards

Gyms in Session 3	Minimum # of Coaches
All American (Gold)	2
MEGA (Gold)	2
VEGA (Gold)	1

Awards after Session 3:

-Xcel Gold Individual, AA, and Team awards will be immediately after session 3.

Saturday April 30th, 2022

Session 4: Xcel Platinum

4:30-5:00pm -Gymnast Registration
5:00-5:15pm – Open Stretch
5:15-6:45pm – Competition
6:45-7:30pm – Awards

Gyms in Session 4	Minimum # of Coaches
All American (Platinum)	1
Elite (Platinum)	1
Gymnastics Inc (Platinum)	1
Gym Quest (Platinum)	1
Gymstrada (Platinum)	1
MEGA (Platinum)	1
VEGA (Platinum)	1

Awards after session 4:

-Xcel Platinum Individual, AA, and Team awards will be immediately after session 4.

Sunday May 1st, 2022

Session 5: Xcel Silver and Xcel Diamond

7:30-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-10:00am– Competition
10:00-10:45am – Awards

Gyms in Session 5	Minimum # of Coaches
All American (Diamond)	1
Elite (Silver)	1
Gymnastics Inc (Silver)	1
Gym Quest (Diamond)	1
Gymstrada (Silver and Diamond)	3
VEGA (Diamond)	1

Awards after session 5:

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

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

Sunday May 1st, 2022

Session 6: Xcel Bronze

10:45-11:15am – Gymnast Registration
11:15-11:30am – Open Stretch
11:30-12:45pm – Competition
12:45-1:30pm – Awards

Gyms in Session 6	Minimum # of Coaches
Elite (Bronze)	1
Gymnastics Inc (Bronze)	2
Gymstrada (Bronze)	1

Awards after Session 6:

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

Sunday May 1st, 2022

Session 7: Xcel Gold

1:30-2:00pm –Gymnast Registration
2:00-2:15pm – Open Stretch
2:15-3:30pm – Competition
3:30-4:15pm– Awards

Gyms in Session 7	Minimum # of Coaches
Elite (Gold)	1
Gymnastics Inc (Gold)	1
Gymstrada (Gold)	2

Awards after session 7:

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

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 3/29/22 – 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