



2023 Virginia Beach Classic

February 3rd-5th, 2023

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 3rd, 2023

Session 1: Level 8, Level 9, & Level 10

5:25-5:45pm – Gymnast Registration
5:45-6:00pm – Open Stretch
6:00-9:00pm – Competition
9:15pm – Awards

Gyms in Session 1	Minimum # of coaches
A2 Gym and Cheer (Levels 8, 9, 10)	1
Apollo (Levels 8, 9, 10)	2
Flips Texas (Level 8)	1
Gymstrada (Levels 8, 9, 10)	2
Hurricane (Levels 8, 9, 10)	1
OT (Levels 8, 9, 10)	1
Stafford (Level 8)	1
YMCA Angels (Levels 8, 9)	1

Awards 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 4th, 2023

Session 2: Level 6 and Level 7

7:40-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-11:05am – Competition
11:20am – Awards

Gyms in Session 2	Minimum # of Coaches
A2 Gym and Cheer (Level 7)	1
Apollo (Levels 6, 7)	1
Flips Texas (Level 7)	1
Gymstrada (Levels 6, 7)	2
Hurricane (Level 6)	1
OT (Levels 6, 7)	1
Stafford (Levels 6, 7)	1
Twist (Levels 6, 7)	1
YMCA Angels (Levels 6, 7)	1

Awards after Session 2:

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

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

Saturday February 4th, 2023

Session 3: Level 4 and Level 5

10:45-11:05am – Gymnast Registration
11:05-11:20am – Open Stretch
11:20-2:10pm – Competition
2:25pm – Awards

Gyms in Session 3	Minimum # of Coaches
A2 Gym and Cheer (Levels 4, 5)	1
Apollo (Levels 4, 5)	2
Coastal Point (Level 5)	1
Gymstrada (Level 4)	1
Hillsborough (Levels 4, 5)	1
Hurricane (Levels 4, 5)	2
OT (Levels 4, 5)	3
YMCA Angels (Levels 4, 5)	1

Awards after Session 3:

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

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

Saturday February 4th, 2023

Session 4: Level 3

1:50-2:10pm -Gymnast Registration
2:10-2:25pm – Open Stretch
2:25-4:55pm – Competition
5:10pm – Awards

Gyms in Session 4	Minimum # of Coaches
Coastal Point (Level 3)	1
Gymstrada (Level 3)	2
Hurricane (Level 3)	1
OT (Level 3)	2
YMCA Angels (Level 3)	1

Awards after session 4:

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

Saturday February 4th, 2023

Session 5: Xcel Bronze

4:35-4:55pm – Gymnast Registration
4:55-5:10pm – Open Stretch
5:10-7:50pm– Competition
8:05pm – Awards

Gyms in Session 5	Minimum # of Coaches
Dreams (Xcel Bronze)	2
Galax (Xcel Bronze)	2
Gymstrada (Xcel Bronze)	2
Hillsborough (Xcel Bronze)	1
Hurricane (Xcel Bronze)	1
OT (Xcel Bronze)	2
Twist (Xcel Bronze)	1

Awards after session 5:

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

Sunday February 5th, 2023

Session 6: Xcel Silver

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

Gyms in Session 6	Minimum # of Coaches
A2 Gym and Cheer (Xcel Silver)	1
Galax (Xcel Silver)	1
Gym Time (Xcel Silver)	1
Gymstrada (Xcel Silver)	2
Hillsborough (Xcel Silver)	1
OT (Xcel Silver)	2
Twist (Xcel Silver)	2
Windsor (Xcel Silver)	1

Awards after Session 6:

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

Sunday February 5th, 2023

Session 7: Xcel Gold

10:40-11:00am –Gymnast Registration
11:00-11:15am – Open Stretch
11:15-2:00pm – Competition
2:15pm – Awards

Gyms in Session 7	Minimum # of Coaches
A2 Gym and Cheer (Xcel Gold)	1
Gymstrada (Xcel Gold)	1
Hillsborough (Xcel Gold)	1
Hurricane (Xcel Gold)	1
OT (Xcel Gold)	3
Twist (Xcel Gold)	2
VA Techniques (Xcel Gold)	1
Windsor (Xcel Gold)	1

Awards after session 7:

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

Sunday February 5th, 2023

Session 8: Xcel Platinum, Xcel Diamond, and Xcel Sapphire

1:40-2:00pm – Gymnast Registration
2:00-2:15pm – Open Stretch
2:15-5:00pm– Competition
5:15pm – Awards

Gyms in Session 8	Minimum # of Coaches
A2 Gym and Cheer (Xcel Platinum)	1
Gym Time (Xcel Platinum, Xcel Diamond)	1
Gymstrada (Xcel Platinum, Xcel Diamond)	2
Hillsborough (Xcel Platinum)	1
Hurricane (Xcel Platinum)	1
OT (Xcel Platinum, Xcel Diamond, Xcel Sapphire)	2
Twist (Xcel Platinum, Xcel Diamond)	2
VA Techniques (Xcel Platinum)	1
Winsor (Xcel Platinum)	1

Awards after session 8:

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

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

-Xcel Sapphire Individual and AA awards will be immediately after session 8.

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 1/3/23 – 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