



2023 Gymstrada Invitational

December 1st-3rd, 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 December 1st, 2023

**Session 1: Level 7, 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
Full Force (Level 7, 8)	2
Gymstrada (Level 8, 9, 10)	2
Hurricane (Level 7, 8, 9, 10)	2
Prestige (Level 7)	1
Richmond Olympiad (Level 7, 8, 9)	2
Unity (Level 7, 8, 9)	2
VEGA (Level 8, 9)	1
VIGS (Level 7)	1
Xtreme Heights (Level 7, 8)	2

Awards after Session 1:

-Level 7 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 December 2nd, 2023

Session 2: Level 5 and Level 6

7:40-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-11:25am – Competition
11:40am – Awards

Awards after Session 2:

-Level 5 Individual, AA, and Team awards will be immediately 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 (Level 6)	1
Excalibur (Level 5)	1
Hurricane (Level 5, 6)	2
Richmond Olympiad (Level 5, 6)	2
Unity (Level 6)	1
VEGA (Level 5, 6)	2
VIGS (Level 5, 6)	2
Xtreme Heights (Level 6)	1

Saturday December 2nd, 2023

Session 3: Level 4

11:05-11:25am – Gymnast Registration
11:25-11:40am – Open Stretch
11:40-2:50pm – Competition
3:05pm – 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
Aerial East (Level 4)	1
Dreams (Level 4)	1
Gymstrada (Level 4)	2
Richmond Olympiad (Level 4)	2
River City (Level 4)	1
Unity (Level 4)	1
VEGA (Level 4)	2
VIGS (Level 4)	2
Xtreme Heights (Level 4)	1

Saturday December 2nd, 2023

Session 4: Level 3

2:30-2:50pm -Gymnast Registration
2:50-3:05pm – Open Stretch
3:05-5:50pm – Competition
6:05pm – 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
Aerial East (Level 3)	2
Richmond Olympiad (Level 3)	2
Unity (Level 3)	1
VEGA (Level 3)	1
VIGS (Level 3)	2

Saturday December 2nd, 2023

Session 5: Xcel Platinum, Xcel Diamond, Xcel Sapphire

5:30-5:50pm – Gymnast Registration
5:50-6:05pm – Open Stretch
6:05-9:00pm – Competition
9:15pm – Awards

Gyms in Session 5	Minimum # of Coaches
All American (Platinum, Diamond, Sapphire)	2
Dreams (Platinum, Diamond)	1
Gymstrada (Platinum, Diamond, Sapphire)	2
River City (Platinum)	1
Prestige (Platinum)	1
Unity (Diamond)	1
Xtreme Heights (Platinum, Diamond, Sapphire)	3

Awards after session 5:

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

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

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

Sunday December 3rd, 2023

Session 6: Xcel Gold

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

Gyms in Session 6	Minimum # of Coaches
All American (Gold)	3
Dreams (Gold)	1
Galax (Gold)	1
Gymstrada (Gold)	2
Prestige (Gold)	1
River City (Gold)	2
Xtreme Heights (Gold)	1

Awards after session 6:

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

Sunday December 3rd, 2023

Session 7: Xcel Silver

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

Gyms in Session 7	Minimum # of Coaches
All American (Silver)	2
Dreams (Silver)	1
Excalibur (Silver)	2
Galax (Silver)	1
Gymstrada (Silver)	2
Prestige (Silver)	1
Unity (Silver)	1
Xtreme Heights (Silver)	1

Awards after Session 7:

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

Sunday December 3rd, 2023

Session 8: Xcel Bronze

1:45-2:05pm – Gymnast Registration
2:05-2:20pm – Open Stretch
2:20-5:00pm – Competition
5:15pm – Awards

Gyms in Session 8	Minimum # of Coaches
All American (Bronze)	2
Dreams (Bronze)	2
Excalibur (Bronze)	2
Galax (Bronze)	1
Unity (Bronze)	1
Xtreme Heights (Bronze)	1

Awards after session 8:

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

Sunday December 3rd, 2023

Session 9: Xcel Bronze, Level 2, Level 3, Level 6, Level 7
4:40-5:00pm – Gymnast Registration
5:00-5:15pm – Open Stretch
5:15-7:40pm– Competition
7:55pm – Awards

Gyms in Session 9	Minimum # of Coaches
Excalibur (Level 2)	2
Gymstrada (Bronze)	2
Gymstrada (Level 3)	2
Gymstrada (Level 6)	1
Gymstrada (Level 7)	1

Awards after session 9:

-Xcel Bronze Individual, AA, and Team awards will be immediately after session 9.

-Level 2 Individual, AA, and Team awards will be immediately after session 9.

-Level 3 Individual, AA, and Team awards will be immediately after session 9.

-Level 6 Individual, AA, and Team awards will be immediately after session 9.

-Level 7 Individual, AA, and Team awards will be immediately after session 9.

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 11/24/23 – 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