



## **2023 Gymstrada Invitational**

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

You are invited to the 2023 Gymstrada Invitational hosted by Gymstrada Gymnastics. This will be our 32<sup>nd</sup> year hosting the Gymstrada Invitational and it will be held at Ocean Lakes High School (OLHS). OLHS is located at 885 Schumann Drive, Virginia Beach, VA 23454 and is approximately 10 minutes from the Virginia Beach Oceanfront.

Make a trip down to beautiful Virginia Beach, VA and stay right on the Atlantic Ocean. Host hotels will be Oceanfront and approximately one-two minutes from the Virginia Beach Convention Center. This meet will fill up quick, so don't miss out! We will have the final schedule done right after the entry deadline of October 23<sup>rd</sup>, 2023 giving you plenty of time to make travel arrangements. We hope you can make it, and let me know if you have any questions!

Sincerely,

Nic Tolley and Gymstrada Gymnastics  
757-499-8591  
NicTolley@gmail.com

# 2023 Gymstrada Invitational

## December 1st-3rd, 2023

If you have any questions, you may call the office at 757-499-8591 or email Nic Tolley at [NicTolley@gmail.com](mailto:NicTolley@gmail.com)

- Host Club:** Gymstrada Gymnastics
- Competing Levels:** Levels 2-10 USAG and All Xcel Divisions
- Entry Fees:** **W.D.P. Levels 2 – 10 & All Xcel Divisions - \$130.00 per gymnast**
- Website:** [www.Gymstrada.com](http://www.Gymstrada.com)
- Entries:** Make checks payable to Gymstrada and please mail all entries to:  
Gymstrada ATTN: Nic Tolley  
5644 Parliament Drive,  
Virginia Beach, VA 23462
- Meet Director/Coordinator:** Nic Tolley: Email: [NicTolley@gmail.com](mailto:NicTolley@gmail.com) Phone number: 757-499-8591
- Entry Deadline:** October 23<sup>rd</sup>, 2023
- Cancellation Deadline:** No Refunds after October 23<sup>rd</sup>, 2023 for any reason
- Competition Schedule:** Friday December 1st, 2023 from 6:00pm-10:00pm  
Saturday December 2nd, 2023 from 8:00am – 10:00 pm  
Sunday December 3rd, 2023 from 8:00 am – 10:00 pm  
\*\*session times will be posted on [www.gymstrada.com](http://www.gymstrada.com) after October 24<sup>th</sup>, 2023
- Team Trophy Entry Fees: \$50.00 per team**
- Level 2-10:* The 3 highest scores per event count toward team score.  
*All Xcel Divisions:* The 3 highest scores per event count towards team score
- \*\*You may only have 1 team per level entered. Clubs can win multiple levels.  
\*\*Team trophies will be given for the first, second, and third placed teams
- Equipment:**
- VAULT:** AAI Vault table, Tac/10  
Base Mats: 12 Centimeters  
Run Way: 82'; Thickness: 1 & 3/8 inches  
Resilite Level 3 vaulting system
- BARS:** AAI Competition Bars  
AAI "soft blue Rails" will be used  
Base Mats: 12 Centimeters
- BEAM:** AAI Competition Beam  
Base mats: 12 Centimeters
- FLOOR:** AAI Spring floor  
\*8" mats, 4" mats, and Sting mats available at every event  
\* Multiple Spring Boards available  
AAI Tac/10 LZT Stratum Vault Board  
AAI Stratum Vault Board (Grey Carpet)

**Competition Format:** Modified Capital Cup Format

**Competition Location:** Gymstrada will host the 2023 Gymstrada Invitational at Ocean Lakes High School (OLHS), which is located approximately 10 minutes from the Virginia Beach Ocean Front. OLHS's address is: 885 Schumann Drive, Virginia Beach, VA 23454. (<http://www.oceanlakeshs.vbschools.com/>)

**Admission Fees:**

Ages	One Day	Three Days
Ages 5 & Under	Free	Free
Ages 6 - 12	\$5.00	\$10.00
Ages 13 & up	\$10.00	\$15.00
Senior Citizens (55 and over)	\$5.00	\$10.00

**\*ONLY CASH ACCEPTED FOR ADMISSION FEES\***

**Awards:**

- Three to five age division per level (depending on number of entries per level)
- Medals: 50% on Individual events and 100% in the All Around
- Individual / Team awards will be given after each session

**Results:** Will be posted live on [www.meetscoresonline.com](http://www.meetscoresonline.com)

**Hotel:**

### 1) Spring Hill Suites Oceanfront (Marriott)- \$117.00-\$124.00 per room/night

- 901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- The Gymstrada room block will end on 11/17/2023. Please make all reservations and changes on or before 11/17/2023.
- For Reservations (2-Queen Studio Suite or 1-King Studio Suite):
  - Online
    - Booking Link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1680552252434&key=GRP&app=resvlink>
    - This link can also be found on the meet's website: <https://www.gymstrada.com/gymstrada-invitational-info.html>
  - Phone
    - For phone reservations, please call hotel directly- 757-417-3982. Please refer to the 2023 Gymstrada Invitational
- Hotel Website: <https://www.marriott.com/hotels/travel/orfvo-springhill-suites-virginia-beach-oceanfront/>
- Included with hotel - Free hot breakfast and parking

## 2) Fairfield Inn and Suites Oceanfront (Marriott)- \$124.00 per room/night

- 1901 Atlantic Avenue, Virginia Beach, VA 23451 (OCEANFRONT HOTEL)
- The Gymstrada room block will end on 11/17/2023. Please make all reservations and changes on or before 11/17/2023.
- For Reservations (2-Double beds):
  - Online
    - Booking Link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1680553680939&key=GRP&app=resvlink>
    - This link can also be found on the meet's website: <https://www.gymstrada.com/gymstrada-invitational-info.html>
  - Phone
    - For phone reservations, please call hotel directly- 757-422-4885. Please refer to the 2023 Gymstrada Invitational
- Hotel Website: [Oceanfront Hotel in Virginia Beach | Fairfield Inn & Suites Virginia Beach \(marriott.com\)](https://www.marriott.com/hotels-and-reservations/properties/properties-overview/?property=253700000)
- Included with hotel - breakfast and parking