



2024 Virginia Beach Classic

February 2nd-4th, 2024

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 2nd, 2024

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
Berks East (Level 8, 7)	1
Gymstrada (Level 10, 9, 8, 7)	2
Hurricane (Level 10, 9, 8, 7)	1
Ocean Tumblers (Level 10, 9, 8, 7)	2
Stafford Royals (Level 9, 8, 7)	2
Twist (Level 8)	1

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 February 3rd, 2024

Session 2: Level 4, Level 6
7:40-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-11:30am – Competition
11:45am – Awards

Gyms in Session 2	Minimum # of Coaches
Dreams (Level 4)	1
Gymstrada (Level 4, 6)	3
Hurricane (Level 4, 6)	2
Ocean Tumblers (Level 4, 6)	2
Stafford Royals (Level 6)	1
VIGS (Level 4)	2

Awards after Session 2:

-Level 4 Individual, AA, and Team awards will be immediately after session 2.

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

Saturday February 3rd, 2024

Session 3: Level 3, Level 5
11:10-11:30am – Gymnast Registration
11:30-11:45am – Open Stretch
11:45-2:50pm – Competition
3:05pm – Awards

Gyms in Session 3	Minimum # of Coaches
Gymstrada (Level 3, 5)	3
Hurricane (Level 3, 5)	2
Ocean Tumblers (Level 3, 5)	2
VIGS (Level 3)	2

Awards after Session 3:

-Level 3 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 3rd, 2024

Session 4: Xcel Bronze
2:30-2:50pm -Gymnast Registration
2:50-3:05pm – Open Stretch
3:05-5:55pm – Competition
6:10pm – Awards

Gyms in Session 4	Minimum # of Coaches
CORE (Bronze)	1
Dreams (Bronze)	1
Gymstrada (Bronze)	2
Head over Heels (Bronze)	1
Hurricane (Bronze)	1
Ocean Tumblers (Bronze)	3
Richmond Twisters (Bronze)	1
Twist (Bronze)	1

Awards after session 4:

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

Saturday February 3rd, 2024

Session 5: Xcel Silver

5:35-5:55pm – Gymnast Registration
5:55-6:10pm – Open Stretch
6:10-8:50pm – Competition
9:05pm – Awards

Gyms in Session 5	Minimum # of Coaches
CORE (Silver)	1
Dreams (Silver)	1
Head over Heels (Silver)	1
Hurricane (Silver)	1
Ocean Tumblers (Silver)	2
Richmond Twisters (Silver)	1
Twist (Silver)	2

Awards after session 5:

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

Sunday February 4th, 2024

Session 6: Xcel Gold

7:40-8:00am – Gymnast Registration
8:00-8:15am – Open Stretch
8:15-11:30am – Competition
11:45am – Awards

Gyms in Session 6	Minimum # of Coaches
CORE (Gold)	1
Dreams (Gold)	1
Head over Heels (Gold)	1
Hurricane (Gold)	1
Ocean Tumblers (Gold)	3
Richmond Twisters (Gold)	1
Stafford Royals (Gold)	1
Twist (Gold)	1
VA Techniques (Gold)	1

Awards after Session 6:

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

Sunday February 4th, 2024

Session 7: Xcel Platinum

11:10-11:30am – Gymnast Registration
11:30-11:45am – Open Stretch
11:45-2:40pm – Competition
2:55pm – Awards

Gyms in Session 7	Minimum # of Coaches
CORE (Platinum)	1
Dreams (Platinum)	1
Gymstrada (Platinum)	1
Head over Heels (Platinum)	1
Hurricane (Platinum)	1
Ocean Tumblers (Platinum)	2
Stafford Royals (Platinum)	1
Twist (Platinum)	2
VA Techniques (Platinum)	1

Awards after session 7:

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

Session 8: Xcel Sapphire, Xcel Diamond, Xcel Gold, Xcel Silver

2:20-2:40pm – Gymnast Registration
2:40-2:55pm – Open Stretch
2:55-5:25pm– Competition
5:40pm – Awards

Gyms in Session 8	Minimum # of Coaches
Dreams (Diamond)	1
Gymstrada (Sapphire, Diamond, Gold, Silver)	5
Hurricane (Diamond)	1
Ocean Tumblers (Sapphire, Diamond)	1
Twist (Diamond)	1
VA Techniques (Diamond)	1

Awards after session 8:

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

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

****ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 1/3/24 – 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 credentials 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