



# 2024 Gymstrada Invitational

December 6<sup>th</sup>-8<sup>th</sup>, 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](http://www.gymstrada.com) for updates

Meet Location: **Ocean Lakes High School**

**885 Schumann Drive, Virginia Beach, VA 23454**

## Friday December 6<sup>th</sup>, 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
Aerial East (Levels 7, 8, 9)	2
Dreams (Levels 7, 8)	1
Dynamic (Levels 7, 8, 9)	1
Full Force (Levels 7, 8, 9)	1
Gymstrada (Levels 7, 8, 9, 10)	2
Richmond Olympiad (Levels 7, 9)	1
Stafford (Levels 7, 8, 9)	1
Unity (Levels 7, 8, 9)	1
VEGA (Levels 7, 8, 9)	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 December 7<sup>th</sup>, 2024

### Session 2: Level 5 and Level 6

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

Gyms in Session 2	Minimum # of Coaches
Aerial East (Level 6)	1
Dreams (Level 6)	1
Dynamic (Levels 5, 6)	2
Evolution (Level 5)	1
Gymstrada (Levels 5, 6)	3
Richmond Olympiad (Level 6)	1
River City (Level 6)	1
Stafford (Level 6)	1
Unity (Level 6)	1
VEGA (Levels 5, 6)	2

### 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.

## Saturday December 7<sup>th</sup>, 2024

### Session 3: Level 4

10:55-11:15am – Gymnast Registration  
11:15-11:30am – Open Stretch  
11:30-2:25pm – Competition  
2:40pm – Awards

Gyms in Session 3	Minimum # of Coaches
Aerial East (Level 4)	2
Dreams (Level 4)	1
Evolution (Level 4)	1
Excalibur (Level 4)	2
Richmond Olympiad (Level 4)	2

### Awards after Session 3:

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

## Saturday December 7<sup>th</sup>, 2024

### Session 4: Level 2 and Level 4

2:05-2:25pm -Gymnast Registration  
2:25-2:40pm – Open Stretch  
2:40-5:20pm – Competition  
5:35pm – Awards

Gyms in Session 4	Minimum # of Coaches
Excalibur (Level 2)	2
Gymstrada (Level 4)	2
Stafford (Level 4)	1
VEGA (Level 4)	1
VIGS (Level 2)	2

### Awards after session 4:

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

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

## Saturday December 7<sup>th</sup>, 2024

### Session 5: Level 3

5:00-5:20pm – Gymnast Registration  
5:20-5:35pm – Open Stretch  
5:35-8:05pm – Competition  
8:20pm – Awards

Gyms in Session 5	Minimum # of Coaches
Aerial East (Level 3)	2
Stafford (Level 3)	1
VEGA (Level 3)	2
VIGS (Level 3)	3

### Awards after session 5:

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

## Sunday December 8<sup>th</sup>, 2024

### Session 6: Level 3

7:40-8:00am – Gymnast Registration  
8:00-8:15am – Open Stretch  
8:15-10:55am – Competition  
11:10am – Awards

Gyms in Session 6	Minimum # of Coaches
Excalibur (Level 3)	2
Full Force (Level 3)	1
Gymstrada (Level 3)	3
Richmond Olympiad (Level 3)	2

### Awards after session 6:

-Level 3 Individual, AA, and Team awards will be immediately after session 6.

## Sunday December 8<sup>th</sup>, 2024

### Session 7: Xcel Bronze and Xcel Silver

10:35-10:55am – Gymnast Registration  
10:55-11:10am – Open Stretch  
11:10-2:10pm – Competition  
2:25pm – Awards

Gyms in Session 7	Minimum # of Coaches
All American (Bronze, Silver)	4
Gryphon (Bronze, Silver)	2
Gymstrada (Bronze, Silver)	4
Unity (Bronze, Silver)	2

### Awards after Session 7:

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

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

## Sunday December 8<sup>th</sup>, 2024

### Session 8: Xcel Gold

1:50-2:10pm – Gymnast Registration  
2:10-2:25pm – Open Stretch  
2:25-5:25pm – Competition  
5:40pm – Awards

Gyms in Session 8	Minimum # of Coaches
All American (Gold)	3
Excalibur (Gold)	2
Gryphon (Gold)	1
River City (Gold)	2
Unity (Gold)	1

### Awards after session 8:

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

## Sunday December 8<sup>th</sup>, 2024

### Session 9: Xcel Gold, Xcel Platinum, Xcel Diamond, Xcel Sapphire

5:05-5:25pm – Gymnast Registration  
5:25-5:40pm – Open Stretch  
5:40-8:00pm – Competition  
8:15pm – Awards

Gyms in Session 9	Minimum # of Coaches
All American (Platinum, Diamond, Sapphire)	2
Excalibur (Platinum, Diamond)	1
Gymstrada (Gold, Platinum, Diamond, Sapphire)	4
River City (Platinum, Diamond)	1
Unity (Diamond)	1

### Awards after session 9:

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

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

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

-Xcel Sapphire Individual and AA awards will be immediately after session 9.

**\*\*ALL NUMBERS ARE BASED ON ENTRY DATA AS OF 11/29/24 – TIMES SUBJECT TO CHANGE BASED ON ADDITIONAL ENTRIES. PLEASE CHECK [www.Gymstrada.com](http://www.Gymstrada.com) FOR ANY CHANGES / UPDATES\*\***

**Meet Reminders to all clubs and coaches:**

1. See the [www.gymstrada.com](http://www.gymstrada.com) for details and results
2. Nic Tolley – [NicTolley@gmail.com](mailto: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