



2025 Virginia Beach Classic

January 31-February 2nd, 2025

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 January 31st, 2025

Session 1: Level 4 and Level 5

5:10-5:30pm – Gymnast Registration

5:30-5:45pm – Open Stretch

5:45-8:25pm – Competition

8:40pm – Awards

Gyms in Session 1	Minimum # of coaches
Evolution (Levels 4 and 5)	1
Gymstrada (Levels 4 and 5)	4
Ocean Tumblers (Levels 4 and 5)	1
VIGS (Level 4)	2

Awards after Session 1:

-Level 4 Individual, AA, and Team awards will be immediately after Session 1.

-Level 5 individual, AA, and Team awards will be immediately after Session 1.

Saturday February 1st, 2025

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
Evolution (Level 7)	1
Gymstrada (Levels 6 and 7)	2
Omega (Levels 6 and 7)	1
VIGS (Levels 6 and 7)	4
Xtreme Heights (Levels 6 and 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 1st, 2025

Session 3: Xcel Gold

10:45-11:05am – Gymnast Registration
11:05-11:20am – Open Stretch
11:20-2:00pm – Competition
2:15pm – Awards

Gyms in Session 3	Minimum # of Coaches
Bull City (Gold)	2
Evolution (Gold)	1
Gymstrada (Gold)	2
Motions Unlimited (Gold)	1
Omega (Gold)	2
Richmond Twisters (Gold)	1
Twist (Gold)	2

Awards after Session 3:

-Xcel Gold Individual, AA, and Team awards will be immediately after session 3.

Saturday February 1st, 2025

Session 4: Xcel Silver and Xcel Platinum

1:40-2:00pm -Gymnast Registration
2:00-2:15pm – Open Stretch
2:15-5:20pm – Competition
5:35pm – Awards

Gyms in Session 4	Minimum # of Coaches
Bull City (Platinum)	1
Evolution (Silver)	1
Gymstrada (Platinum)	1
Motions Unlimited (Platinum)	1
Ocean Tumblers (Platinum)	2
Omega (Platinum)	1
Richmond Twisters (Silver)	1
Twist (Platinum)	2
Xtreme Heights (Silver)	1

Awards after session 4:

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

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

Saturday February 1st, 2025

Session 5: Level 8, Level 9, Level 10, Xcel Diamond, and Xcel Sapphire
5:00-5:20pm – Gymnast Registration
5:20-5:35pm – Open Stretch
5:35-8:35pm – Competition
8:50pm – Awards

Gyms in Session 5	Minimum # of Coaches
Bull City (Diamond)	1
Evolution (Levels 8, 9, 10, Diamond)	2
Gym Quest (Level 10)	1
Gymstrada (Levels 8, 9, 10, Diamond, Sapphire)	2
Motions Unlimited (Level 8, Diamond)	1
Ocean Tumblers (Diamond and Sapphire)	1
Omega (Levels 8, 9, 10, Diamond)	1
Twist (Level 8 and Diamond)	1
Xtreme Heights (Levels 8, 10, Diamond)	2

Awards after session 5:

- Level 8 Individual, AA, and Team awards will be immediately after session 5.
- Level 9 Individual, AA, and Team awards will be immediately after session 5.
- Level 10 Individual and AA awards will be immediately after session 5.
- Xcel Diamond Individual, AA, and Team awards will be immediately after session 5.
- Xcel Sapphire Individual and AA awards will be immediately after session 5.

Sunday February 2nd, 2025

Session 6: Level 3
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
Evolution (Level 3)	1
Gymstrada (Level 3)	2
Ocean Tumblers (Level 3)	2
VIGS (Level 3)	3

Awards after session 6:

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

Sunday February 2nd, 2025

Session 7: Xcel Bronze

10:40-11:00am – Gymnast Registration
11:00-11:15am – Open Stretch
11:15-2:15pm – Competition
2:30pm – Awards

Gyms in Session 7	Minimum # of Coaches
Bull City (Bronze)	1
Evolution (Bronze)	1
Gymstrada (Bronze)	2
Ocean Tumblers (Bronze)	2
Omega (Bronze)	2
Richmond Twisters (Bronze)	1
Twist (Bronze)	1
Xtreme Heights (Bronze)	1

Awards after Session 7:

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

Sunday February 2nd, 2025

Session 8: Xcel Silver

1:55-2:15pm – Gymnast Registration
2:15-2:30pm – Open Stretch
2:30-5:30pm – Competition
5:45pm – Awards

Gyms in Session 8	Minimum # of Coaches
Bull City (Silver)	2
Gymstrada (Silver)	2
Ocean Tumblers (Silver)	3
Omega (Silver)	2
Twist (Silver)	1

Awards 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 12/23/24 – 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 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