

**Above the Bar Invitational**  
**February 25<sup>th</sup>-26<sup>th</sup>, 2023**  
**9701 Atlee Commons Drive**  
**Ashland, VA 23005**

Friends of Above the Bar, our Parent Booster Organization has created a link where you can purchase your admission before the big day. It will be available through Thursday, February 23rd.

After purchasing your admission online, you will receive an emailed receipt which can be printed or shown on your phone for proof of purchase at the door. Tickets may also be purchased at the door.

This year, Athletes and Coaches will check in prior to parents being allowed in the gym. A 15-minute window is reserved in order to get them in the gym and on to the floor. The specific times for check in for each session are on the session schedule.

**Admissions:**

**Single Session**

**Adult (13+) \$ 10**

**Children (5-12) and Seniors \$ 5**

**Children Under 5 are Free**

**Multi Session**

**Adult (13+) \$15**

**Children (5-12) and Seniors \$ 7.50**

**Good Luck Announcements \$ 1**

Purchased on Site

**Link to Buy Tickets**

[Click Here to Buy Tickets](#)

**Covid /Illness Protocols**

Masks are not required, however, if you are sick *please stay home!* Hand sanitizer will be available at each event for the athletes, judges, volunteers and throughout the building. We also encourage frequent hand-washing as a way to keep us all feeling great!

No one with a fever or symptoms of Covid-19 in the 5 days prior to the meet, or if anyone in their family has a fever or symptoms of Covid-19 in the 5 days prior to the meet, should enter the building.

**Concessions**

Concessions will be available at each session.

## Local Hotels

### **avid hotel Richmond North - Ashland**

10261 Washington Highway  
Glen Allen, Virginia, 23059  
804-800-5960

### **Fairfield Inn & Suites Richmond Ashland**

11625 Lakeridge Parkway,  
Ashland, VA, 23005  
804.412.4800

### **Hampton Inn and Suites, Virginia Center**

1101 Technology Park Drive  
Glen Allen, VA 23059  
804-261-2266

### **Country Inn & Suites® By Radisson, Hanover-Ashland, VA**

11600 Lakeridge Parkway,  
Ashland VA 23005  
(804) 798-7378

### **SpringHill Suites by Marriott Richmond North/Glen Allen**

9701 Brook Rd,  
Glen Allen, VA 23059  
(804) 266-9403

### **Directions from North to the Gym:**

Rt. 95 South to Exit 86A towards Atlee onto Sliding Hill Road. Follow Sliding Hill Road through 2 Traffic lights. A Sheets will be on the left at the first light, and you will pass a McDonalds on the right and a Walmart Neighborhood Market on the left. There is road construction on Sliding Hill Road. Take the next left onto Atlee Commons Drive. The Gym will be on the left.

### **Directions from Beach areas and Williamsburg:**

Take Rt 64 West and take Exit 200 towards US-60/Washington and merge onto Rt. 295N. In 13 miles, use the 2 left lanes to take exit 43A for I-95 toward Washington. Use the right lane to merge onto I-95 North. Take Exit 86-A-B right away and merge onto Sliding Hill Road (VA -656)

Follow Sliding Hill Road through 2 Traffic lights. A Sheets will be on the left at the first light, and you will pass a McDonalds on the right and a Walmart Neighborhood Market on the left. There is road construction on Sliding Hill Road. Take the next left onto Atlee Commons Drive. The Gym will be on the left.

### **From West and South West VA**

Take I-64 East to Exit 177 for Interstate 295 North towards Airport/Washington/Norfolk. Go approximately 7.8 miles and take Exit 43-C-B-A for US I-95 toward Richmond/Washington. Continue to Exit 43 C and merge onto I-95 North towards Washington. Take Exit 86-A-B right away and merge onto Sliding Hill Road (VA -656)

Follow Sliding Hill Road through 2 Traffic lights. A Sheets will be on the left at the first light, and you will pass a McDonalds on the right and a Walmart Neighborhood Market on the left. There is road construction on Sliding Hill Road. Take the next left onto Atlee Commons Drive. The Gym will be on the left.

## **Area Restaurants**

### **Kregger's Tap and Table**

9523 Kings Charter Dr, Ashland, VA 23005

This cool, vibrant joint with a patio serves Southern-style pub grub, local craft beer & cocktails. Menu is on the Spicy Side.

### **Industrial Taphouse**

10392 Leadbetter Rd, Ashland, VA 23005

Must try the Soft Pretzel with Beer Cheese! Sandwiches, salads, and a large beer list!

### **Vinny's Italian Grill**

10221 Washington Hwy Suite A, Glen Allen, VA 23059

### **Islamorada Fish Company**

11550 Lakeridge Pkwy, Ashland, VA 23005

Expansive seafood place in the Bass Pro Shop with a huge aquarium, fish trophies & rustic accents.

### **Mexico Restaurant**

11670 Lakeridge Pkwy, Ashland, VA 23005

### **Red Robin Gourmet Burgers and Brews**

10067 Brook Rd, Glen Allen, VA 23059

**Chili's Grill & Bar**

Creeks at Virginia Centre

9950 Brook Rd, Glen Allen, VA 23059

**Gino's Ristorante Pizzeria**

10118 Brook Rd, Glen Allen, VA 23059

Tasty Pizza and Italian Dishes.

**Marty's Grill**

9357 Atlee Rd, Mechanicsville, VA 23116

A Local Favorite! Loaded Tater Tots, Burgers, Sandwiches.

**Arby's**

10267 Washington Hwy, Glen Allen, VA 23059

**Popeyes Louisiana Kitchen**

10229 Washington Hwy, Glen Allen, VA 23059

**Plus..... Many, Many More Favorites—Hello Google!**