



# **USA**

# **Gymnastics**

## **REGION 7**

**Level 9 and Level 10**

**Championships**

April 11-14, 2024

# Competition Information

**Competition Dates:** April 11-14, 2024

**Competition Site:** The Nittany Valley Sports Centre  
177 Champion Drive  
State College, PA 16803

**Meet Host:** Region 7 and Centre Elite Gymnastics

**Meet Website:** [www.region7usagym.com/meets](http://www.region7usagym.com/meets)

**Entry Fees:** \$140.00/ Gymnast (No team competition)

**Competitive Levels:** Level 9 & Level 10 athletes may qualify to the 2024 Regional Championships.

**Qualification:** The 2024 Regional qualifying scores are:

**Level 9:** 34.00AA at the State meet OR by prequalifying\* with a 35.00 AA scored at any USA Gymnastics sanctioned event during the current season. Athletes may qualify as IES with a 9.00 on the event at States OR by petitioning with a 9.2 on the event at any USA Gymnastics sanctioned event during the current season.

*\*Prequalification to regionals includes registering and participating in the State meet to qualify.*

**Level 10:** 34.00AA at the State meet OR by prequalifying with 35.00 AA scored at any USA Gymnastics sanctioned event during the current . Athletes may qualify as IES with a 9.00 on the event at States OR by petitioning with a 9.2 on the event at any USA Gymnastics sanctioned event during the current season. *\*Prequalification to regionals includes registering and participating in the State meet to qualify.*

**Registration:** All registrations must be made through USAG Meet Reservations & MeetMaker.com. Registration fee is \$140/ athlete -online payment is required at the time of registration. Registration will close at 11:59pm on Monday, March 25, 2024. . Registered athletes and coaches will receive a Region 7 t-shirt—please enter t-shirt sizes when registering in MeetMaker.

**Meet Format:** Modified Capitol Cup– 1 Gym with 2 sets of identical equipment.

**Music:** All floor music must be downloaded to an iPad, iPod or MP3 player before the competition. **Online streaming or downloading of music will not be available.**

**Awards:** Individual event & All-Around awards will be presented to each age group at the conclusion of the competition. Senior Ceremonies will be conducted at the end of the sessions as necessary.

# Competition Information

**Competition Schedule:** Sessions will be determined by level and age groups– there is NO team competition. Final session times will be emailed to addresses used to register athletes in MeetMaker as well as posted to [region7usagym.com](http://region7usagym.com), [meetmaker.com](http://meetmaker.com) and [centreelitegymnastics.com](http://centreelitegymnastics.com). Meet updates will be emailed to the email address used when registering athletes in MeetMaker.

**Coaches Information:** All coaches planning on coaching during the competition MUST be registered through USA Gymnastics Reservation System for membership verification. Coaches must present their current USAG Professional Member card at sign in. Any coach not registered will be unable to coach until membership verification has been completed

**Petition Forms:** All petition forms must be sent to Jane Caruso for approval. If you need to petition an athlete, please email the completed form to [janecaruso2@gmail.com](mailto:janecaruso2@gmail.com)

**Scoring:** Final results will be posted online at [region7usagym.com](http://region7usagym.com) & [meetscoresonline.com](http://meetscoresonline.com)

## Meet Vendors:

- Centre Elite Team Booster Club
- Northwest Designs
- GymnasticsPhoto
- GK Elite

**Equipment:** AAI Equipment & matting provided by United Athletic International

VAULT	BARS	BEAM	FLOOR
<ul style="list-style-type: none"><li>• AAI Elite Vault Table</li><li>• AAI TAC/10 Vaulting Board</li></ul>	<ul style="list-style-type: none"><li>• AAI Elite Uneven Bars</li><li>• AAI TAC/10 Vaulting Board</li></ul>	<ul style="list-style-type: none"><li>• AAI Elite Adjustable Balance Beam</li><li>• Catapult Vaulting Board</li></ul>	<ul style="list-style-type: none"><li>• 40' x 40' Spring Loaded Platform</li><li>• Sloping Foam Border System</li></ul>

## Host Hotels:

### Fairfield Inn & Suites:

2215 N. Atherton Street, State College, PA 16803

For reservations please call 814-238-3871 use code RCOP or book online at: [Fairfield Inn & Suites](http://Fairfield Inn & Suites)

\$149/ Night for 4/10 - 4/11, \$349/ Night for 4/12-4/13. Must book by March 27, 2024.

### Ramada Conference Center by Wyndham:

1450 S. Atherton Street, State College, PA 16801

For reservations please call 814-238-3001 use code ELITE0411 or book online at: [Ramada Conference Center](http://Ramada Conference Center)

\$119/ Night for 4/10, 4/11 & 4/14, \$199/ Night for 4/12 & 4/13.

# Local Dining & Points of Interest

## Dining

**Olive Garden:** 1945 Waddle Road, State College [www.olivegarden.com](http://www.olivegarden.com)

**Outback Steakhouse:** 1905 Waddle Road, State College [www.outbacksteakhouse.com](http://www.outbacksteakhouse.com)

**Texas Roadhouse:** 1885 Waddle Road, State College [www.texasroadhouse.com](http://www.texasroadhouse.com)

**Cracker Barrel Old Country Store:** 215 Colonnade Blvd., State College [www.crackerbarrel.com](http://www.crackerbarrel.com)

**Otto's Pub & Brewery:** 2235 N. Atherton Street, State College [www.ottospubandbrewery.com](http://www.ottospubandbrewery.com)

**Barrel 21 Distillery & Dining:** 2255 N. Atherton Street, State College [www.barrel21distillery.com](http://www.barrel21distillery.com)

**Applebees:** 12 Colonnade Way, State College [www.restaurants.applebees.com](http://www.restaurants.applebees.com)

**Red Lobster:** 1670 N. Atherton, State College [www.redlobster.com](http://www.redlobster.com)

**Champs Sports Grill:** 1611 N. Atherton Street, State College [www.champssportsgrill.net](http://www.champssportsgrill.net)

**Happy Valley Brewing Company:** 137 Elmwood Street, State College [www.happyvalleybeer.com](http://www.happyvalleybeer.com)

## Points of Interest

**Nittany Lion Shrine:** The Nittany Lion, sculpted from a large block of Indiana limestone by noted sculptor Heinz Warneke, was presented by the class of 1940. Located near the Recreation Building on the Penn State main campus, the Lion Shrine is one of the most popular places on campus & is said to be the most photographed site on campus.

<http://www.psu.edu/ur/about/nittanyshrine.html>

**The Berkey Creamery:** For over 150 years, the Creamery has been a landmark at Penn State. Some of the biggest names in ice cream making - including Ben & Jerry, Baskin-Robbins & Haagen-Dazs - have attended the Creamery's legendary ice cream short course, held for just 6 days a year, to learn how to craft the perfect ice cream. [Www.creamery.psu.edu](http://www.creamery.psu.edu)

**Penn State All Sports Museum:** Located in the southwest corner of Beaver Stadium, the Penn State All Sports Museum offers visitors a firsthand look at the athletic history, heritage & traditions of one of the greatest universities in the nation. Take a peak inside Beaver Stadium from the Mount Nittany Club & view the multiple exhibits throughout the two level, 10,000 sq ft facility. [Www.gopsusports.com/museum](http://www.gopsusports.com/museum)

**Downtown State College:** Downtown State College is the premier business, cultural & entertainment destination in Centre County. Need retail therapy? The downtown shops feature an eclectic mix of both retail chains & independent local shops. Famished after a day of shopping? The downtown restaurant scene has something for everyone, from the casual diner to the cultured foodie.

# 2024 Region 7 Level 9/10 Championships Admissions Prices CASH ONLY

<b>AGES</b>	<b>1 Day</b>	<b>2 Day</b>	<b>Weekend</b>
Ages 5 & Under	FREE	FREE	FREE
Ages 6 & Up	\$20.00	\$30.00	\$50.00
Senior Citizens (over 65)	\$15.00	\$25.00	\$40.00

\*\*There will be no free admission or discounts given for USA Gymnastics registered athletes or coaches NOT participating in the 2024 Region 7 Level 9/10 Championships. Competitors of the 2024 Region 7 Level 9/10 Championships may attend other sessions without charge.\*\*