

2024 Region 7 Championships

Region 7 Chairman Bob Lundy Region7mensgymnastics@gmail.com

Coaches, Parents & Athletes

The Region 7 Men's Gymnastics Championships will be held in the Sportsplex Gymnastics 8001 Sheriff Rd Landover, MD 20785 April 4 – April 7, 2024.

Qualification:

Qualification is through individual athlete placement at each State Championship. An allotment for each Level has been determined.

Petitions: (page 35 of R&P)

Petitions may only be submitted by the athlete's coach and submitted petitions must meet protocol procedures and be fully documented for consideration. Petitions may only be submitted for athletes who are ill, injured, or under special circumstances, are unable to participate in the qualifying competition.

- 1. Coaches are responsible for submitting ALL required documentation for a petition.
- 2. Petitions must be received by either the State Chairperson (for Sectional or State meets) or the Regional Director (for Regional and National meets) before the competition begins. Petitions should provide all documentation including:
 - a. actual copies of score sheets for score verification, and
 - b. doctors' statement (if applicable)

Entry Fee

All Levels \$\frac{\state 160}{2160}\$ *Gymnast performing Technical Sequences \$\frac{\state 175}{2175}\$ (Entry fees will be paid to your state at your state championships for the gymnast that qualify to regionals)

Checks should be made payable to Sportsplex Gymnastics (SBC) 8001
Sheriff Rd Landover, MD 20785



Allotment Table

	MD	NJ	NY	PA	VA	WV		MD	NJ	NY	PA	VA	WV
Level 4D1 7	0	0	2	0	0	0	Level 7 12	1	5	5	4	2	0
Level 4D1 8	1	1	5	4	3	0	Level 7 13	8	5	3	8	3	0
Level 4D1 9	6	6	5	12	3	0	Level 7 14	4	3	8	8	6	0
Level 4D1 10	3	4	14	7	5	0	Level 7 15	3	7	6	10	8	0
Level 4D1 11	5	7	9	20	5	0	Level 7 16	2	0	3	6	10	0
Level 4D1 12+	3	3	9	10	16	0	Level 7 17+	2	2	5	2	5	0
Level 4D2 7	0	0	0	0	0	0	Level 8JN 12	0	3	8	2	0	0
Level 4D2 8	0	1	0	2	1	0	Level 8JN 13	3	2	6	6	1	0
Level 4D2 9	5	0	4	4	7	0	Level 8JN 14	1	2	1	1	3	0
Level 4D2 10	3	1	3	8	7	0	Level 8JN 15+	1	3	3	2	4	0
Level 4D2 11	1	3	4	4	5	0	Level 9JN 14	1	2	8	8	4	0
Level 4D2 12+	3	2	4	7	3	0	Level 9JN 15	11	11	5	10	11	0
Level 5D1 8	0	0	0	0	0	0	Level 9JN 16	1	4	9	10	4	0
Level 5D1 9	1	2	2	1	2	0	Level 9JN 17	1	2	3	4	3	0
Level 5D1 10	4	3	7	2	2	0	Level 9JN 18+	1	0	2	3	3	0
Level 5D1 11	3	4	9	11	4	0	Level 10JN 16	3	3	9	5	2	0
Level 5D1 12+	3	4	16	9	15	0	Level 10JN 17	4	3	10	9	6	0
Level 5D2 8	0	0	0	0	0	0	Level 10JN 18	9	8	12	9	4	0
Level 5D2 9	0	0	0	0	0	0	Level 10JN 19	3	4	2	3	1	0
Level 5D2 10	2	3	0	5	1	0	Level 8 JE 12	1	0	3	0	0	0
Level 5D2 11	3	1	1	3	4	0	Level 8 JE 13	3	0	1	4	3	0
Level 5D2 12+	3	5	3	9	21	0	Level 9 JE 14	2	0	1	0	1	0
Level 6D1 10	0	0	0	1	1	0	Level 9 JE 15	1	0	1	3	3	0
Level 6D1 11	2	0	3	3	0	0	Level 10JE 16	1	0	0	0	2	0
Level 6D1 12+	0	2	8	9	7	0	Level 10JE 17	0	1	1	0	1	0
Level 6D2 10	0	0	0	0	1	0	Level 10JE 18	0	2	0	0	2	0
Level 6D2 11	0	1	0	0	0	0	Level 10JE 19	0	0	0	0	1	0
Level 6D2 12+	0	2	0	0	9	0							



Schedule

Thursday, April 4								
Session 1	Level 7 Jr (12-14) Level 7 Sr (15+)	Allotment						
Session 2	Level 8 JN & JE Jr (12-13) Level 8 JN & JE Sr (14 +)	Allotment						
Session 3	Level 9 JN & JE Jr (14-15) Level 9 JN & JE Sr (16+)	Allotment						
Session 4	Level 10 JN & JE Jr (16-17)	Allotment						
Session 5	Level 10 JN & JE Sr (18-19)	Allotment						
Session 6	State Team	Top 7 Level 4 (Age 7-11) & Top 7 Level 5 (Age 8-12)						
Session 7	L8,L9, L10 Technical Sequences	All gymnast that competed Tech Sequences @ State Championships						
Session 8	Level 6D1 & 6D2 (all ages)	Allotment						
Session 9	Level 5D2 (All Ages) Level 4D1 (Age 12+)	Allotment						
Session 10	Level 5D1 (all ages)	Allotment	_					
Session 11	Level 4D1 (age 7-11)	Allotment						
Session 12	Level 4D2 (All ages)	Allotment						

This season's State Team Competition (Top 7 gymnast for each state at Level 4D1 (7-11) & 5D1 (8-12)) will be part of the Regional Championships. Athletes that compete in the State Team session and <u>cannot</u> compete in other regional sessions. Individual awards will be distributed during the state Team session. The scores from these athletes can/will be used to calculate club team scores.