



2024 Region 7 Championships

Region 7 Chairman
Bob Lundy
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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 **\$160** *Gymnast performing Technical Sequences **\$175** (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**



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 cannot 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.