

# **Region 7 Men's Gymnastics**

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**Regional Director**

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## **Region 7 State Team Challenge**

Where: Lou Gross Center

United States Military Academy

West Point, NY 10996

Schedule:

Sunday April 28, 2019

Region 7 State Team Championships

### **Session #1 Level 5 State Teams**

9:00 AM Check in/Open Stretch

9:30-10:30 AM Timed Warm ups

10:30-12:00 PM Competition

12:00-12:15 PM Awards

### **Session #2 Level 6 State Teams**

1:00-1:30 PM Check in/Open Stretch

1:30-2:30 PM Timed Warmups

2:30-4:00 PM Competition

4:00-4:15 PM Awards

Hotels: There is no host hotel for this competition but here are some suggestions

10 Minutes from USMA  
Holiday Inn Express  
1106 Route 9W  
Fort Montgomery, NY  
(845) 446-4277

20 Minutes from USMA

Hampton Inn – Mention Army/West Point Gymnastics and there are rooms available.  
60 Centre Drive  
Central Valley, NY  
(845) 782-9600

30 Minutes from USMA

**Homewood Suites by Hilton Newburgh-Stewart Airport**

180 Breunig Rd.,

New Windsor, New York, 12553, USA

1-845-567-2700

## Parking at West Point

### **Enter West Point by using Thayer Gate**

**Lou Gross Sports Center Facility parking is adjacent to the parking lot G up the hill from the Holleder Center.**

**Please obey all parking rules and regulations.**

**The Military Police have jurisdiction over West Point.**