

2018
Junior Developmental National Invitational



USA GYMNASTICS®



2018 Region VII Junior Developmental National Invitational

- **Dates:** April 28th, 2018
- **Competition Director:** Rich Pulsfort,
region7menschairman@yahoo.com
908-347-6171
- **Location:** Lou Gross Sports Center, United States Military Academy, West Point, NY 10996 Use Thayer Gate to enter West Point and have a picture I.D. for ages 16 and older.
- **Host Hotel:** **There is no host hotel but there are recommended hotels in the area.**
- **Entries:** Please find the competition on the USA Gymnastics Meet Reservation System (NY, 2018 Junior Development National Invitational) and enter your athletes into the competition. Deadline for entries is April 25, 2018
- **There is no qualifying score for this competition.**
- **Cost:** \$100 per athlete. Make Check payable to USA Gymnastics Region7 Mens
- **Send entry payment to:** Richard Pulsfort
529Maple Ave
Elizabeth, NJ 07202
- **Awards:** Individual will meet or exceed USA Gymnastics recommended minimums and **Team awards** after each session.
 - **Division 2:** Top 3 scores on each event regardless of age
 - **Division 1 (11-14)** Top 3 scores on each event
 - **Division 1 (15-19)** Top 3 scores on each event
 - **Division 1(11-19)** Top 5 scores on each event
- **Website for information:** <http://region7mensgymnastics.com/>

Schedule of Events

Session 1 – Saturday, April 29th – Lou Gross Sports Center

Level Junior Development Division 2 Ages (11-12), (13-14), (15-16), (17-19)

AM – 8:00-8:30 Open Stretch and Check in

AM – 8:30-10:00 Timed Warm Up (15 minutes per event)

AM – 10:05-12:05 Competition

AM – 12:05 Awards

Session 2 – Saturday, April 29th – Lou Gross Sports Center

Level Junior Development Division 1 Ages (11-12), (13-14)

PM – 1:00-1:30 Open Stretch and Check in

PM – 1:30-3:00 Timed Warm Up (15 minutes per event)

PM – 3:05- 5:05 Competition

PM – 5:05 Awards

Session 3 – Sunday, April 29th – Lou Gross Sports Center

Level Junior Development Division 1 Ages (15-19)

PM – 5:45-6:15 Open Stretch

PM – 6:20-7:50 Timed Warm Up (15 minutes per event)

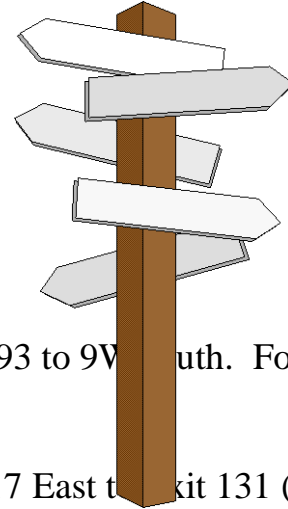
PM – 7:50-9:50 Competition

PM – 9:50 Awards

Times are tentative and will be finalized when competition entry has closed

****Competition format may vary for each session (traditional, Capital Cup, Modified Capital Cup)
Depending on number of entries****

Traveling to West Point



From the New York State Thruway (Route 87):

Take exit 16-Harriman to Route 6-East to Route 293 to 9W South. Follow signs for West Point.

From the West (Western New York): Take Route 17 East to Exit 131 (Harriman).

Take Route 6-East to Route 293-East. Take Route 9W-South and follow signs for West Point.

From the Massachusetts Turnpike: Take New York State Thruway (Route 87) South to Exit 16-Harriman to Route 6-East to Route 293 to Route 9W-South. Follow signs for West Point.

From the Danbury, Connecticut Area:

Take Interstate 84-West to Exit 10-South (Newburgh, NY). Follow Route 9W south and follow signs for West Point.

From Southern Connecticut:

Take Route 95-South to Route 287-West across the Tappan Zee Bridge. Take New York State Thruway (Route 87)-North to Exit 16-Harriman. Take Route 6-East to Route 293 to Route 9W South. Follow signs for West Point.

From Western New Jersey:

Take Route 94-East to Route 17-East to Route 6-East to Route 293-East to 9W-South. Follow signs for West Point.

From Central/South Jersey:

Take New Jersey Turnpike North. Follow signs for George Washington Bridge lower level. Take exit Palisades Parkway North to Bear Mountain Parkway to Route 6 East. Take third right on the roundabout to 9W north and follow signs to West Point.

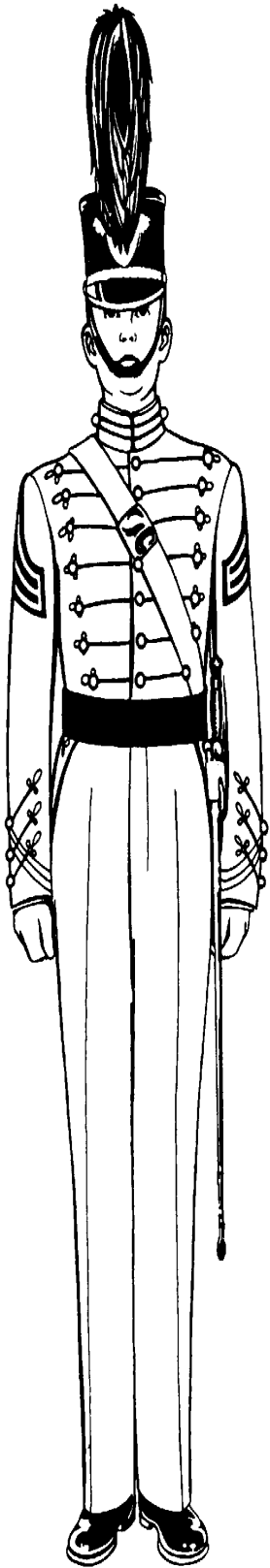
Parking at West Point

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.

Local Lodging



West Point Area:

Hotel Thayer
Thayer Road
West Point, NY
(845) 446-4731
(Host Hotel)

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

West Point Motel
156 Main Street
Highland Falls, NY
(845) 446-4180

Best Western Palisades
Route 218 & 9W
Highland Falls, NY
(845) 446-9400

U.S. Academy Motel
41 Main Street
Highland Falls, NY
(845) 446-2021

Bear Mountain Inn
Route 9W
Bear Mountain, NY
(854) 786-2731

North of West Point: - approximately 15-30 minutes from West Point

Hampton Inn –
60 Centre Drive
Central Valley, NY
(845) 782-9600

Hudson Valley Hotel
90 Route 17K
Newburgh, NY
(845) 564-9020

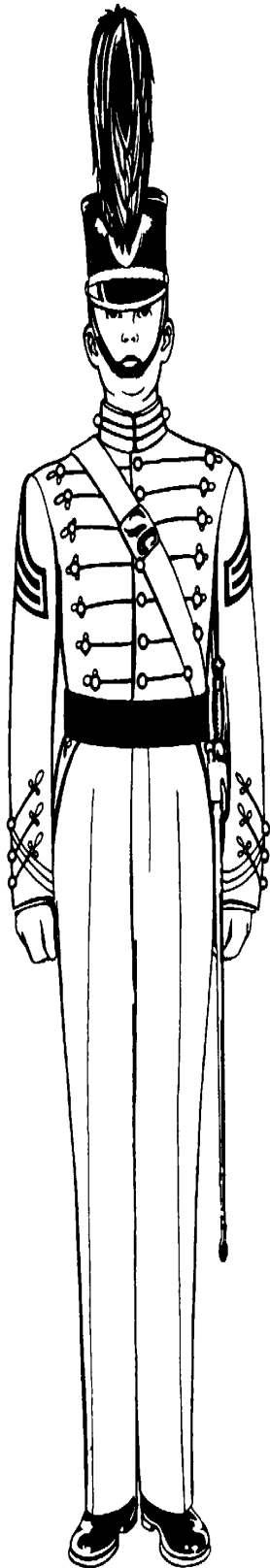
Howard Johnson Lodge
95 Route 17K
Newburgh, NY
(845) 564-4000

Ramada Inn
1055 Union Avenue
Newburgh, NY
(845) 564-4500

Days Inn
845 Union Avenue
Newburgh, NY
(845) 564-7550

Super 8 Motel
1287 Route 300
Newburgh, NY
(845) 564-5700

Comfort Inn
5 Lakeside Road
Newburgh, NY
(845) 567-0567



Local Lodging

Econo Lodge
31 Windsor Drive
New Windsor, NY
(845) 561-6620

Courtyard by Marriott
4 Governor Drive
Newburgh, NY
(845) 567-4800

Hampton Inn of Newburgh
1054 Union Avenue
Newburgh, NY
(845) 567-9100

New Jersey Hotels: -approximately 40-45 minutes to West Point

Ramada Inn
180 Rt. 17S
Mahwah, NJ
(201) 529-5880

Sheraton International
One International Blvd.
Mahwah, NJ
(201) 529-1660

Courtyard Marriott
140 Route 17S
Mahwah, NJ
(201) 529-5200

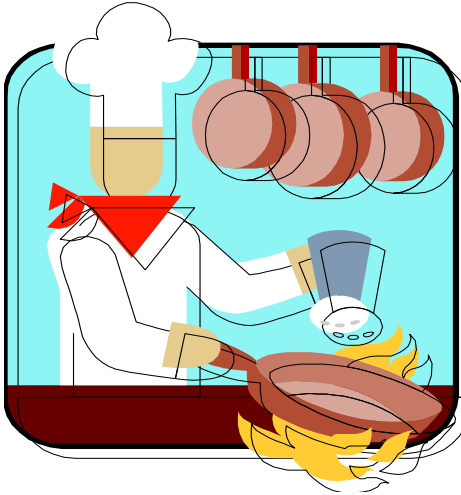
South of West Point: -approximately 40-50 minutes to West Point

Marriott-Westchester
670 White Plains Road
Tarrytown, NY
(914) 631-2200

Holiday Inn
3 Executive Blvd.
Suffern, NY
(914) 357-4800

Marriott Park Ridge
300 Brae Blvd.
Park Ridge, NJ
(201) 307-0800

Pearl River Hilton
500 Veterans Memorial
Pearl River, NY
(914) 735-9000



LOCAL AREA RESTAURANTS

Highland Falls

Hacienda Restaurant
145 Main Street
(845) 446-8257

Thayer Hotel
Thayer Road
(845) 446-4731

McDonald's
Main Street
(845) 446-4935

Park Restaurant
64 Main Street
(845) 446-8709

Schade's Restaurant
54 Main Street
(845) 446-2626

West Wing
323 Main St.
(845) 446-2226

Dong Fong Restaurant
78 Main Street
(845) 446-0763

Maria Bonita Mexican Restaurant
315 Main Street
(845) 446-5393

Subs/Pizza:

West Point Pizza
282 Main Street
(845) 446-5544

Highland Falls Market
447 Main Street
(845) 446-3992