

Region 7 Men's Gymnastics

Richard Pulsfort

Regional Director

region7menschairman@yahoo.com

908-347-6171

Region 7 State Team Championship

Where: Lou Gross Center

United States Military Academy

West Point, NY 10996

Schedule:

Sunday April 29, 2018

Region 7 State Team Championships

Session #1 Level 5 State Teams

8:30AM Check in/Open Stretch

9:00-10:00 AM Timed Warm ups

10:00-11:30 AM Competition

11:30-12:00 AM Awards

Session #2 Level 6 State Teams

12:30-1:00 PM Check in/Open Stretch

1:00-2:00 PM Timed Warmups

2:00-3:30 PM Competition

3:30-4:00 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.