



Level 10 Regional Championship meet packet

Region 7 and Dynamats Gymnastics Center both wish to congratulate you on your qualification to the 2021 Level 9 Regional Championship competition. All information is published here and if necessary will be updated on the Region 7 website, Facebook page and via membership distribution when applicable. It is YOUR responsibility to stay informed!

- Date:** Sunday, April 18 through Monday, April 19 2021
- Host:** USA Gymnastics Region 7
Assisted by Dynamats Gymnastics
- Entry fee:** \$125.00 - Registration is OPEN!
All registrations will be via MeetMaker
- Registration Deadline:** March 28, 2021 at 11:59pm
- Competition site:** The Miller Center for Recreation and Wellness
120 Hardwood Drive
Lewisburg, Pa 17837
*Site map and directions attached to end of this packet.
- Hotel Information:** *See attached list of hotels.
- Admission:** 1 spectator per athlete permitted.
*You will be asked to sign in and will be cross referenced to the athlete you are there to watch.
- Admission cost:** \$10.00
**CASH ONLY FOR ADMISSION
- Live streaming:** We will be live streaming this event.
Stay tuned for exact details.

- Awards:** Individual event and All-Around awards will be presented to each age group at the conclusion of each competitive session.
*Also, qualifiers to Level 9 Easterns will be announced at each award session.
- Results:** Scores will be posted to meetscoresonline.com and myUSAGym.com
- Meet format:** Modified Capitol Cup
- Equipment list:** Mancino Mats
*Please see attached full list of equipment.
- Session schedule:** Will be posted on the Region 7 website as soon as possible.
- Senior ceremony:** Please submit Senior bio form (attached to end of this packet) to Dynamats Gymnastics no later than April 11, 2021.
- Coaches food:** No actual meals will be provided; your coaches credential will be valid for purchase of items at the Miller Center's Café located just outside of the competition arena.
Coffee and bottled water will be available on the competition floor in a designated area throughout the weekend.
- Safety considerations:** Please see the attached safety measures we will be taking. It is your responsibility to stay informed.
- Questions:** Email to Jennifer Bortz, RACC
JBortz7rac@gmail.com

Hotels:

Quality Inn New Columbia 330 Commerce Park New Columbia, PA. 17856 570-568-8000	Country Inn & Suites by Radisson 134 Walter Dr. Lewisburg, PA. 17837	Best Western Plus Country Cupboard Inn 7701 West Branch Highway Lewisburg, PA. 17837
Holiday Inn Express Lewisburg 160 Commerce Park Drive New Columbia, PA. 17856	Quality Inn Selinsgrove 613 North Susquehanna Trail Selinsgrove, PA. 17870	Holiday Inn Express Selinsgrove 651 North Susquehanna Trail Shamokin Dam, PA. 17870
Comfort Suites Lewisburg 4775 West Branch Highway Lewisburg, PA. 17837	Hampton Inn Selinsgrove/Shamokin Dam 3 Stetler Ave. Shamokin Dam, PA. 17876	All Suites Inn 4663 West Branch Highway Lewisburg, PA. 17837

Places to Eat:

Country Cupboard 101 Hafer Rd, Lewisburg	Elizabeth's An American Bistro 412 Market St, Lewisburg	Siam Restaurant & Bar 518 Market St, Lewisburg
Reba & Pancho's Restaurant 2006 W Market St, Lewisburg	LA Primavera Italiano Ristorante & Pizzeria 2593 Old Turnpike Road.	Ard's Farm 4803 Old Turnpike Road
Town Tavern 600 Market St, Lewisburg	House of Pizza 524 Market St, Lewisburg	Bertoni's Pizza & Specialties 368 Railroad St, Montandon
Peking Garden 199 N Derr Dr, Lewisburg	Lewisburg Hotel 136 Market St, Lewisburg	Bull Run Tap House 605 Market St, Lewisburg

Directions & Parking for the Miller Center for Recreation and Wellness (also listed as The Lewisburg YMCA at the Miller Center)

GPS location: 120 Hardwood Drive, Lewisburg, PA 17837

Latitude and Longitude: 40.960997, -76.896981

The Lewisburg YMCA at The Miller Center has over **480** parking spaces in three parking lots located around our building.

We ask that you **please DO NOT** use parking spaces at Giant or any other merchant within Penn House Commons as they are reserved for shoppers. Thank you for your consideration.



Larger view of new parking lot access.



Access new
Miller Center
parking lot here.

Senior Bio Information

We are preparing a slide show of the seniors who are competing at the 2021 Level 9 Regional Championships!

Please submit a senior photo along with the following information: **NO LATER THAN APRIL 11, 2021**

Name: _____

Club: _____

Level: _____

College Plans/Major:

This information can be sent to dynaparents2012@gmail.com and place **SENIOR BIO** in the subject line. **NO LATER THAN APRIL 11, 2021**

SAFETY PROTOCOLS

Updates will be posted on the Region 7 website when/if necessary.

1. Please see the attached flier from the Miller Center explaining procedures for entering the building.
2. We will be following USA Gymnastics mask mandate for all regional championship competitions. Please see the attached flier.
3. This COVID-19-specific risk mitigation plan has been informed by the following guidance:
 - Public Health Institution Guidance – CDC
 - Venue-specific guidelines
 - Local and regional COVID-19 regulations
 - USA Gymnastics protocols for domestic events and mask mandates

Pre-Event screening protocols:

1. All event Participants and Attendees will not take part in the event if they have any signs or symptoms of COVID-19 or have been in close contact (per CDC definition) within 14 days of the event, with someone who is known or suspected of having COVID-19 disease.

Onsite at the Event:

Participants (Athletes/Coaches/Judges/meet personal):

1. All participants will be screened with temperature and symptom checks and required to complete a COVID-19 screening questionnaire. This check-in process will be influenced by established venue-specific approach – see attached information from the Miller Center.
2. All participants will wear facial coverings (per the USA Gymnastics mask mandate - attached), and practice social distancing at all time's - with the exception: while during the performance of gymnastics.
3. Facial coverings should be a 3-ply cloth mask or surgical mask and must cover the mouth and nose completely.
4. Athletes must properly wear a mask and maintain social distancing - with the exception: while during the performance of gymnastics.
5. Coaches must properly wear a mask (must cover the mouth and nose completely) and maintain social distancing except when spotting.

6. Judges and meet personal must properly wear a mask and maintain social distancing throughout the competition.
7. All participants must bring their own chalk, chalk bin and water bottle.
8. All participants must bring their own hand sanitizer.
9. All participants must bring their own water bottle with water in it and snacks for themselves only.
10. All participants must fully exit the facility upon completion of awards for that session for proper cleaning of the facility between sessions.
11. No athletes will be permitted to attend sessions they are not competing in.
12. No athletes will be allowed on the floor who are not competing.
13. A max of 2 coach's credentials per session will be permitted. Please reach out to us directly if that is a problem for you. JBortz7rac@gmail.com
14. All coaches must leave the competition floor between each session and will be asked to check in again at the beginning of each new session.
15. Appropriate equipment will be cleaned per manufacturers guidelines before and after each session.
16. Restrooms and other high touch surfaces will be cleaned regularly throughout the sessions.
17. Participants will avoid sharing equipment, towels, clothing, grooming/hygiene products, water bottles, etc.
18. Athletes must not spit on hands, grips or any other objects or surfaces.
19. Medical personnel will follow all safety guidelines while providing evaluations and treatments of acute injuries during the competition.

Spectators:

1. We will be limiting spectators to 1 per athlete. (subject to change)
2. All spectators will be required to check in at the admissions entrance by confirming which athlete they are there to support.
3. All spectators will be screened with temperature and symptom checks and required to complete a COVID-19 screening questionnaire. This check-in process will be influenced by established venue-specific approach.
4. All spectators will wear facial coverings per USA Gymnastics mask mandate – attached here.
5. All interaction with anyone on the competition floor must be socially distanced.
6. We ask that you remain socially distanced from others while maneuvering through the Miller Center as best you can. There should be plenty of room to do this and we appreciate all your help.