



REGION 7 LEVEL 9 REGIONAL ANNOUNCEMENTS 2019

QUALIFICATION TO EASTERN NATIONALS

- Top 7 athletes per age group qualify to Eastern Nationals (provided they score a min **34.AA**)
- 2 alternates to be named (information for alternates listed later)
- All information about Eastern Nationals can be found on the host website:
<http://www.usagymeastern.com>
- Ties for 7th place: Tie breaking procedures will be applied in the event of ties to determine which athlete's scores will be used for the Region 7 Team, and which will be used as individual scores only
 - 2-way tie: In the event of a 2-way tie, the higher ranked AA will compete on the Region 7 team. The lower ranked AA will compete as an individual with Region 7.
 - 3-way tie: Highest ranked AA (after tie-breaker) will compete for the Region 7 Team. 2nd highest rank AA will compete as an individual with Region 7. 3rd ranked AA will compete **only if space is available**, and with the Region that has space available with their squad. In this scenario, the 3rd ranked AA (of the tie) will be notified after regionals whether there is space available to compete.

ENTRIES TO EASTERN NATIONALS

- Region 7 will send electronic meet results from Level 9 Regionals as entries to Eastern Nationals
- **Region 7 will pay for all entries for Region 7 athletes qualified to Eastern Nationals**
- Region 7 will compile a database for all coaches attending Eastern Nationals (see information below)
- Clubs are responsible for purchasing banquet tickets and should do so IMMEDIATELY following Level 9 Regionals (see website above for instructions)

DECLINES

- If your athlete qualifies for Eastern Nationals, and does not wish to compete at Eastern Nationals, please notify us BEFORE the competition session at Level 9 Regionals
- RJOCC will ask for any declines for Eastern Nationals at each coaches' meeting prior to each session at Level 9 Regionals
- PLEASE—we are a team. Have a conversation about Eastern Nationals BEFORE you attend regionals. This will allow us to name the athletes going to Eastern Nationals at our regional meet.

SCRATCHES

- Scratches or changes in athlete or coach information for Eastern Nationals should be reported IMMEDIATELY to **Annie Heffernon**: aheffernon@usagym.org or (816) 810-2631. Please include the athlete's name, USAG number, Club, Region and Age group. Please copy Linda Johnson and Jen Bortz on this correspondence so that we can assist with notifying alternates. DO NOT NOTIFY ALTERNATES!
- See additional information about alternates under "ALTERNATES"

COACHES ATTENDING EASTERN NATIONALS

- Coaches will register with Jen Bortz, RAC, at Regionals. Please note the following new guidelines for coaches attending Easterns:
1-4 Athletes Participating-maximum of 3 credentialed coaches allowed on field of play
5-9 Athletes Participating-maximum of 4 credentialed coaches allowed on field of play
10+athletes participating-contact Annie Heffernon for coach credentials

Additional Credentials may be purchased for \$100. Upon approval of the JO Program Director. Please see Jen at Regionals for details.

EASTERN NATIONAL SCHEDULE AND VENUE

- The schedule and venue information for Eastern Nationals is available on the Easterns website: <http://www.usagymeastern.com>

HOTELS

- Region 7 does not have a hotel block for Eastern Nationals.
- Rooms are also available through NTS (see Easterns website)
- If you made reservations proactively earlier in the season, please remember to cancel any rooms you will not need to avoid penalties

TRAINING

- Region 7 is scheduled for training on Thursday May 9th, 10:30am-1:00pm, at the competition site
- Training is for our Region 7 competitors only. Contact the meet host for additional training opportunities at local clubs for alternates who wish to train, or clubs looking for additional training during their stay after our Thursday training time.

ALTERNATES

- Many clubs ask whether they should travel their gymnasts in alternate positions. This is a club/coaching decision. Here is some information pertaining to alternates.
- If you are planning to travel with your alternate, please report to Annie Heffernon once you arrive and notify her that you are present. Please be sure to give her your age group and region.
 - Please plan to report to the competition with your age group, and your athlete prepared to compete (in competition apparel (if 1st alternate), hair done, bring personal equipment—grips, music, etc.). Have your athlete attend the open stretch.

- If an athlete on the Region 7 team is injured during open stretch or the FIRST warm-up event, the 1st alternate (if present) will be entered in the competition. In this case, the athlete will be given warm up time on that event. Once the first timed warm up is complete, we may not enter an alternate athlete.
- If you plan to travel with your alternate, you are responsible for finding training for your athlete while in Rochester.
- See Apparel section below for apparel guidelines for alternates

APPAREL

Athletes: GK Is again generously donating apparel, including a tank leo, warm-up jacket, and stretch capris, for the athletes going to Eastern Nationals.

- **AA places 1-10** in each age group from Level 9 Regionals will need to report for GK sizing immediately after their competition session/awards
- All Region 7 athletes who qualify to compete at Easterns will receive apparel, and can pick up apparel at the venue on Thursday May 9th (8-5) or Friday/Saturday (8-8).
- 1st alternates will also receive apparel. They can pick up apparel at the venue (see above times). If an alternate is not planning to travel to Easterns, the apparel will be mailed to them.
- 2nd alternates DO NOT receive apparel unless called to compete.
- Eastern competitors should plan to bring skin-tone briefs to wear with the competition leo. No racer back sports bras.
- Athletes should plan to wear their Regional shirt and leo (provided at regionals) on training day.

Region 7 is proud to provide our Eastern National Competitors and 1st alternates a regional leo for training day at Easterns. Please plan to pick up your regional leo following your regional awards ceremony. These will be available in the same area as GK sizing. Note: you are not required to attend training at easterns to receive the regional leo.

Coaches:

- **Training Day:** Coaches should plan to wear the 2019 regional shirt on training day with black pants/shorts. This shirt will be available for pick up at the registration desk at regionals.
- **Competition Days:** We have new coaching shirts for 2019 Easterns and JO Nationals. If you qualify an athlete for Easterns, please pick up a shirt immediately after the competition session at regionals.
Apparel Assignments for Competition Days at Easterns:
Friday: Black/White
Saturday: Gray
Sunday: Solid Black

These shirts are the same shirts we will be using for JO Nationals. If you have picked up shirts for JO Nationals, you do not need to pick up additional shirts for Easterns unless you have different coaches traveling.

*Good luck to all of our athletes at Level 9 Regionals and
2019 Eastern Nationals!*