



**2020 Level 9/10 Regional Championships**  
**The Miller Center for Recreation & Wellness**  
**120 Hardwood Drive**  
**Lewisburg, PA 17837**



**Our Collaboration**

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**Hosted By Dynamats Gymnastics Center**

**April 16-19<sup>th</sup>, 2020**

Dynamats Gymnastic Center welcomes and congratulates your gymnasts on their qualification to the 2020 Level 9 and Level 10 Regional Championships. We wish you safe travels and look forward to seeing you in a few short weeks!

Please continue to check the Region 7 website at <https://www.region7usagym.com> and Dynamats' website at <https://www.dynamats.com> (go to the state/regional tab) for continued updates.

**Host Club:** Dynamats Gymnastic Center  
(570)935-0575  
<https://www.dynamats.com>; go to the state/regional meet tab  
[www.region7usagym.com](http://www.region7usagym.com) - Official Region 7 Website

**Entries/  
Registration/:**

**Questions:** Meet Maker Registration. Direct all inquiries to Jen Bortz (jbortz7rac@gmail.com), Region 7 Chair

**Registration**

**Fee:** \$125 per gymnast

**Registration**

**Deadline:** Monday, March 30, 2020 by Midnight (**Including petitions**)- Entries received after will incur a \$25 late fee.

**Competition**

**Site:** The Miller Center for Recreation & Wellness  
120 Hardwood Drive  
Lewisburg, PA 17837

**Directions:** See "Directions & Parking" Sheet at the end of this packet.

**Hotel**

**Information:** See "Hotel Information" in packet.

**Admission:**

<b>Ages</b>	<b>One-Day</b>	<b>Two-Day</b>
Under 5	Free	Free
Ages 6-14	\$5	\$8
Ages 14 & up	\$10	\$15
Seniors	\$8	\$12

*Dynamats ONLY accepts CASH for admissions  
Coaches & All competitors may attend other sessions free of charge with athlete pass.*

**Food**

**On site:** Visit their café menu at: <https://millercenterlewisburg.com/cafe/>  
*They accept Visa, MasterCard, Discover, and American Express  
Café WILL BE open during all hours of the meet!*

**Awards:** Individual Event and All-Around awards will be presented to each age group at the conclusion of each competition session per the Rules & Policies requirements.

**Results:** Running scores will be available near the head table. Final results will be posted on the regional website after the competition. Scores will be posted at MeestScoreOnline.com and MyUSAGym.com

**Equipment:** AAI equipment supplied by Mancinos Mats to include:  
**Vault:** AAI TAC/10 LZT Vault Boards  
**Bars:** AAI ELITE Uneven Bars with Graphite E (soft) rails 12cm base mat  
**Beam:** AAI ELITE RA Balance Beam 12cm base mat  
**Floor:** American ELITE Artistic Floor Exercise System  
8" skill cushions, 4" supplemental throw mats and sting mats available at every event

**Meet Format:** Modified Capital Cup

**Session**

**Schedule:** Will be posted on <https://www.region7usagym.com> and <https://www.dynamats.com>

**Coaches**

**Meeting:** There will be a coaches meeting at the beginning of each session.

**Coaches**

**Sign-In:** Coaches should be pre-registered in the Meet Reservation System. Coaches will be asked to show their USA Gymnastics Professional Member card at sign-in. Please be sure all requirements are current: MEMBERSHIP, SAFETY CERTIFICATION, BACKGROUND CHECK and U100.

*\*Only professional members who are coaching and athletes competing in the current session are allowed on the competition floor.*

**Coaches**

**Food:** Breakfast will be muffins and pastries. Lunch/Dinner will be salad with grilled chicken available and a variety of wraps. Snacks, fruit, and beverages will be available all day.

**Safety:** For the safety and consideration of ALL athletes, coaches and spectators, no injured or sick athletes should participate in the competition.

**Seniors:** See last page of the packet for instructions on Senior Bio Submission!

## Hotels:

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

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## Places to Eat:

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

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## Colleges to visit:

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<b>Bucknell University</b> One Dent Drive Lewisburg, PA17837	<b>Lycoming College</b> 1 College Place Williamsport, PA. 17701	<b>PA College of Technology</b> 1 College Ave. Williamsport, PA. 17701
<b>Bloomsburg University</b> 400 E. Second St. Bloomsburg, PA 17815	<b>Susquehanna University</b> 514 University Avenue Selinsgrove, PA 17870	<b>Lock Haven University</b> 401 N. Fairview St. Lock Haven, PA 17745

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## Things to do:

Street of Shops	Rollermills Antique Center	Lewisburg Farmer's Market
The Campus Theater	Fero Vineyard & Winery	Lewisburg Antique and Consignment Mall
Lewisburg Children's Museum	Fantasy Escape Room	Hufnaugle Park

\*\*\*Lewisburg's downtown main street has several unique shops and boutiques available to browse!\*\*\*

## Directions + Parking:

The Lewisburg YMCA at The Miller Center is **NOT** on Apple Maps. Hardwood Drive is also **NOT** on Apple Maps.

We are, however, on **Google Maps**.

GPS location: 120 Hardwood Drive, Lewisburg, PA 17837

Latitude and Longitude: 40.960997, -76.896981

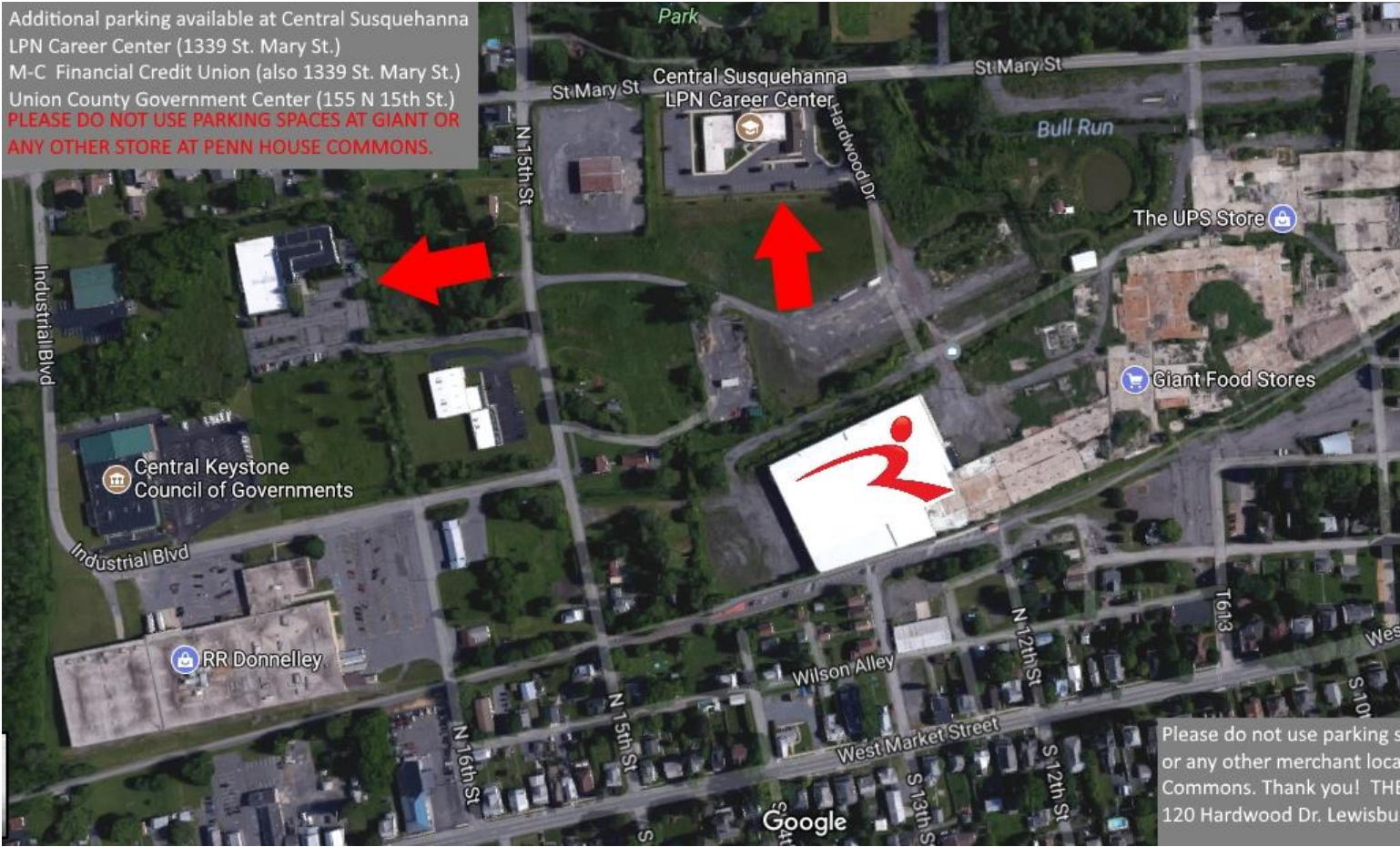
The Lewisburg YMCA at The Miller Center has over 240 parking spaces in our two parking lots located on the East and West sides of the building. Should those lots become full, you'll find additional parking at a few neighboring parking lots, including:

- **MC Financial Credit Union and Central Susquehanna LPN Career Center**  
1339 St Mary St, Lewisburg, PA (approximately .2 miles/3 minute walk to The Lewisburg YMCA at The Miller Center)
- **Union County Government Center**  
155 N 15th St, Lewisburg, PA (approximately .25 miles/4 minute walk to The Lewisburg YMCA at The Miller Center)

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.

**\*\*MAP ON NEXT PAGE\*\***

Additional parking available at Central Susquehanna LPN Career Center (1339 St. Mary St.)  
M-C Financial Credit Union (also 1339 St. Mary St.)  
Union County Government Center (155 N 15th St.)  
**PLEASE DO NOT USE PARKING SPACES AT GIANT OR ANY OTHER STORE AT PENN HOUSE COMMONS.**



Please do not use parking spaces at Penn House Commons or any other merchant location at Penn House Commons. Thank you! The address is 120 Hardwood Dr. Lewisburg, PA 17033.

# Senior Bio Information

We are preparing a slide show of the seniors who are competing at the 2020 Level 9 & 10 Regional Championships!

Please submit a **senior photo** along with the following information:

**Name:** \_\_\_\_\_

**Club:** \_\_\_\_\_

**Level:** \_\_\_\_\_

**College Plans/Major:**

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This information can be sent to [dynaparents2012@gmail.com](mailto:dynaparents2012@gmail.com) and place **SENIOR BIO** in the subject line.