

# USA Gymnastics Region 3 Championships 2024



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DREAMS

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April 26-28, 2024

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LUBBOCK CIVIC  
CENTER

1501 Mac Davis Lane

Lubbock, TX

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LEVEL  
1- Sr Elite

**Purpose:** The Sr. Elite and Jr. Elite competitions will name Regional Champions in all disciplines. This competition will prepare our athletes for competition at national and international levels. The Developmental Regional Championships (Levels 1-Open) will name Regional Champions in age groups for all disciplines and synchronized trampoline, levels 9 - Open and all Elite levels. This will also serve as the second and final opportunity to qualify for the US Gymnastics Championships June 21-26 in Minneapolis MN and Stars & Stripes Championships, July 19<sup>th</sup> – 21<sup>st</sup> in Fort Worth, TX.

## **Venue:**

Lubbock Civic Center  
1501 Mac Davis Lane  
Lubbock Texas

## **Schedule of Events:**

### **April 26-28, 2024**

Friday, April 26th	Level 8 - Elite: Training/Competition
Saturday, April 27 <sup>th</sup>	Level 1-10: Competition
Sunday, April 28th	Level 1-7: Competition

\*Thursday evening, April 25th we will possibly provide level 8-Elite training. Depending on numbers Depending on number of entries it may be necessary to have some competition on Thursday, we will do everything we can, to keep from it, but keep that in mind when scheduling travel. The block schedule will be used for all events and will indicate exactly what block of time your athletes will compete.

A detailed block schedule and team sheets will be posted for all participating gyms no later than March 24, 2024.

**YOUR HOST:** USA Gymnastics Region 3

**ENTRY INFORMATION:**

Levels 1-Sr. Elite \$140.00 (per competitor)

Flat Fee for one or all four events

All entries must be done on-line using USA Gymnastics competition entry system. Instructions:

1. You must be signed in as a club administrator to register athletes and professionals for this event.
2. Once you are logged on as a club administrator, go to Member Services and click Club Administration on the left toolbar.
3. Click on Meet Reservations
4. Click Search for Meets
5. Filter the Discipline Type to TT and the state to TX. Then click 2024 Region 3 T&T Championships
6. Fill out information and select each coach and athlete that will be attending Region 3 Championships along with their level.
7. Confirm all athletes, coaches and prices. Once everything is verified click submit.
8. You will NOT be able to pay for the competition on the website, you will need to send a hard copy of your entry form (printed from the USA Gymnastics website along with payment to

Payable To: USA Gymnastics Region 3

Mail To: USA Gymnastics Region 3  
C/O Patti Conner  
3007 County Road 7530  
Lubbock, Tx 79423

**Please send only money order or certified check for all fees.**

***NO PERSONAL OR GYM CHECKS WILL BE ACCEPTED***

**ENTRY DEADLINE:**

Online & postmarked by **March 8, 2024**

This will ensure your team is included in the program.

**Entries received after the deadline will be doubled. NO Exceptions.**

Entries will not be processed without payment, therefore, phone, email or fax entries will not be accepted. ABSOLUTELY NO entries two weeks prior to the competition.

Questions call: (806) 632-0176

**ENTRIES:**

Only entries submitted online will be accepted. Go to the USA Gymnastics Website using the instructions noted above. Please double check all entries to ensure they are correct before clicking submit.

**INCOMPLETE OR INCORRECT ENTRIES:**

After **March 8, 2024** information may be changed or corrected for a charge of \$10 per correction. If an age or gender is listed incorrectly there will be \$10 per event charge. \$10 per event charge. Changes made the week of the meet or onsite will be \$25 per change.

**Change Form: Click [HERE](#) to request changes or additions to your original entries.**

**ELIGIBLE ATHLETES**

All athletes registered with USA Gymnastics as an athlete member are eligible to compete at the Region 3 Championships. Please note that all non-U.S. citizens must declare their citizenship prior to competition.

## **RULES:**

USA Gymnastics Trampoline and Tumbling rules from the current 2021-2024 Code of Points along with all errata pages (posted on USAGYM.org) will be used. Please note that there will be no finals. All age groups are based on the age of the competitor on December 31, 2024.

## **COACHES:**

Only coaches who have, completed all required courses and have a current USA Gymnastics Competitive Coach membership will be issued credentials. Note: Please refer to the dress code in the code of points. The dress code for coaches will be strictly enforced. **NOTE: Please do NOT register coaches who will not be attending so that we do not plan on meals and print credentials for those that will not be in attendance.**

## **COMPETITION EQUIPMENT:**

4 – 4 X 4 Eurotramp trampolines with Eurotramp beds and springs  
2 – 6 mm Eurotramp Double-mini trampolines  
2 – Speith Tumbling Floor, Equipment managed and supplied by Ross Athletics.

## **VOLUNTEERS:**

We need your help with volunteers for this competition. We greatly appreciate all help. This meet would not be possible without the help of volunteers. Thank you in advance for your assistance. All volunteers will be given a FREE t-shirt and hand stamp that will allow them access into the competition for that day.

**Reminder:** All athletes that could possibly be eligible for funding in the 2024-2025 season are REQUIRED to volunteer a Saturday PM or Sunday session (one full session, an awards assignment does not qualify) to be eligible for any and all funding.

## **Volunteer Sign up form:**

Click [HERE](#) to sign up to Volunteer

***Only professional members are allowed to spot. Coaches you must be prepared to help with this task. If you would like to bring additional coaches in order to help with this please register them via the USA Gymnastics website registration page.***

## **ATHLETE BIOS:**

Each team who has Youth, Jr. Elite, Intermediate or Sr. Elite competitors will need to fill out the athlete bio form on the Region 3 website ([usag-region3.org](http://usag-region3.org)) and attach a current head shot photograph. We will include all elite athletes in on our website.

## **JUDGES:**

Only judges who have taken the 2023-2024 certification course and have a current USA Gymnastics Judges membership, will be considered for assignments. Ratings and availability will determine contracts for the Region 3 Championships. Judges must have previously judged at a minimum of 3 sanctioned competitions prior to Regional Championships. Judging request must be submitted via the google doc using the link below no later than March 15, 2024. A link to the judge's request for assignment form will be sent to each judge who is currently registered within each state and to all teams. Please make the link below available to your judges:

***Click the link below to request to judge***

[Click HERE to sign up to Judge.](#)

## HOSPITALITY:

Meals for coaches and judges will be provided on site. A detailed meal schedule will be sent via email

## Coaches Check List

- \_\_\_\_\_ Please read all information carefully.
- \_\_\_\_\_ Fill in your gym entry deadline date on **Parent information packet** prior to copying.
- \_\_\_\_\_ Make Parent information packet available, for all athletes Level 1 - Sr. Elite in your gym.
- \_\_\_\_\_ Online entry deadline and hard copy postmarked no later than **Mar 15, 2024** **All late entries will be doubled no exceptions.**
- \_\_\_\_\_ Sign up team parents, any athletes that will be requesting funding in the 2024 - 2024 season and coaches for volunteer duty. A link is provided to the google doc to sign up to volunteer.
- \_\_\_\_\_ Go to [USAG-Region3.org](http://USAG-Region3.org) to fill out Athlete Bio forms for all YE, JE, IE. and SE competitors.
- \_\_\_\_\_ Judges must respond to the request for assignment using the Google doc provided above.
- \_\_\_\_\_ **March 15, 2024** Questions in regards to judging please contact Wyatt Moore at [Wyattmoore24@](mailto:Wyattmoore24@)
- \_\_\_\_\_ Contact host hotels for accommodations.  
See information included or contact numbers and locations.

## Contact your State Chairman

NM - Shelli Taylor - (575) 308-9640  
NTX - Holly Garrington - (817) 213-7099  
OK - Matt Hinds - (918) 557 0632  
STX - Michael Lachner - (713) 829-3847  
WTX - Alyssa Williamson - (806) 674-9021

# Memo to All Teams

T & T ALL STAR “Angels”

The 2024 Region 3 Championships in Fort Worth, Texas is just a short time away.

The Trampoline and Tumbling Regional staff is busy planning this great event, and we need your help! To help us make this the best Regional Championship, we’ll need those T&T “Angels” (aka volunteers) helping in many areas.

Please visit with your parents to see who is willing to help us out and use the link provided below to access the online sign up request form please have your volunteer’s names on this form no later than March 15, 2024

Click [HERE](#) to Sign up to Volunteer

Coaches, you are our only link to volunteers! We hope you will encourage your team to be a special part of the Regional experience by volunteering at least one day. Positions will be filled on a first-come, first-serve basis, so get your list to the T&T Regional office ASAP. Volunteers who sign up for an entire session will receive a free T-shirt and hand-stamp that will allow them free entry for that day.

Thank you for your help in making the 2024 Regional Championships an event that runs smoothly and efficiently. I appreciate all you do to help me make this competition a success.

Sincerely

Patti Conner

USA Gymnastics, Region 3 Director

## Host Hotels

### **VERTON HOTEL & CONFERENCE CENTER**

#### **Block closes April 4, 2024**

2322 Mac Davis Lane

Lubbock Texas 79401

Room Block: USA Gymnastics Regional 2024

Room Rate: \$145 per night

\*Complimentary Airport Shuttle

\*Heated outdoor pool & jacuzzi

\*Fitness Center

\* Pecan Grill Restaurant & lounge

\*Outdoor fire pits

\*Free Wifi

\*Free Parking

\*Valet parking (fee)

Click [HERE](#) to book your room or

Call: 806.776-7000



### **MCM ELEGANTE**

#### **Block Closes MARCH 26, 2024**

801 Avenue Q

Lubbock, Tx 79401

Room Block: USA Gymnastics

\$119 per Night

\*Complimentary Breakfast

With eggs made to order and a waffle station

\* Indoor swimming Pool

\*Chill Zone Lounge

\*Free Wifi

\*Free Parking

\*Fitness Center

\*Rustler Country Café

Click [HERE](#) to book your room.



COMFORT INN & SUITES  
6510 I-27, Lubbock, Tx 79412  
BLOCK CLOSES: MARCH 26, 2024  
\$109 per night  
\*Complimentary Hot Breakfast  
\*Complimentary Wi-Fi  
\*Complimentary Self-Parking  
\*Indoor Pool  
Click [HERE](#) to book your room.



LAQUINTA INN & SUITES  
6504 I-27, Lubbock, Tx 79412  
BLOCK CLOSES: March 26, 2024  
\$129 per night  
\*Complimentary Hot Breakfast  
\*Complimentary Wi-Fi  
\*Complimentary Self-Parking  
\*Indoor Pool  
Click [HERE](#) to book your room.

