



## **2017 Region V Championships**

**When: April 28th - 30th**

**Where: Ocean Center  
101 N. Atlantic Blvd.  
Daytona Beach, FL 32118**

**Host: USA Gymnastics Region V Trampoline & Tumbling**

**Meet Director: Eric Thomas**

**Entry Fee: \$125.00 (flat fee)**

**Levels: (1 - Elite)**

**Entries:** Make checks payable to: **USAG Region 5 Trampoline & Tumbling**  
Mail Entries to: **Region 5 T&T**  
**10708 Gable Run Dr.**  
**Knoxville, TN 37931**

**Entry Deadline: March 24, 2017**

**Entry Format: Excel Spreadsheet** (if you use your own make sure it looks identical to the form attached!!!)

**Volunteers: Please email Eric Thomas - [region5tt@gmail.com](mailto:region5tt@gmail.com)**

**Judges: Please email Eric Thomas - [region5tt@gmail.com](mailto:region5tt@gmail.com)**

**Admissions: \$20 for adults**  
**\$10 for children**

**Tentative Schedule:**

### **Friday, April 28th**

#### **Session 1 Levels 1-7 / Ages 10 & under**

Warm-up 2:00 pm - 2:55 pm  
Competition 3:00 pm - 6:40 pm  
Awards 6:45 pm - 7:45 pm

#### **Session 2 & 3 Training 7:00 pm - 9:00 pm**

### **Saturday, April 29th**

#### **Session 2 Levels 1-7 / Ages 11 & 12**

Stretch 7:30 am - 8:00 am  
Competition 8:00 am - 10:40 am  
Awards 10:45 am - 11:45 am

#### **Session 3 Levels 1-7 / Ages 11 & 12**

Stretch 10:30 am - 11:00 am  
Competition 11:00 am - 1:40 pm  
Awards 1:45 pm - 2:45 pm

#### **Session 4 Level 8 & up / All Ages**

Warm-up 1:30 pm - 3:00 pm  
Competition 3:00 pm - 8:00 pm  
Awards 8:00 pm - 9:00 pm

**Host Hotel: Hilton Daytona Beach Resort / Ocean Walk Village**