

Directions for entering
JO National Championships
Qualification procedures are listed on this website.

[http://www.usagym.org/PDFs/Men/Junior
%20Olympics/11jonationals_qualifying.pdf](http://www.usagym.org/PDFs/Men/Junior%20Olympics/11jonationals_qualifying.pdf)

1. Each club must down load and fill in the JO Nationals Entry form before Regional Championships and cross out non-qualifiers at the Regional Championships:
[http://www.usa-gymnastics.org/PDFs/Men/Mens%20Program
%20Events/11joentry.pdf](http://www.usa-gymnastics.org/PDFs/Men/Mens%20Program%20Events/11joentry.pdf)

2. Each gymnast must have a completed NCAA release form with their club registration:
[http://www.usa-gymnastics.org/PDFs/Men/Mens%20Program
%20Events/11ncaarelease.pdf](http://www.usa-gymnastics.org/PDFs/Men/Mens%20Program%20Events/11ncaarelease.pdf)

3. Please bring the above mentioned forms and any petition forms completely filled out to the Optional Regional Championships. There will be a registration table and representative there at the competition to collect these forms and checks.

4. Please have **one check for each team entry** from your parents association, booster club, gym or state. **Personal checks from gymnasts' parents will not be accepted.** The cost for JO Nationals this year is \$150 per gymnast. Please make a check out to:
USA Gymnastics Region7 Men

5. Regional Team members and their designated coach (1 per regional team member) will get their uniforms paid for by Region 7. There will be an area set aside for sizing and ordering.

6. Every coach with a qualifying gymnast will receive a collard Region 7 shirt **after they have completed their entire JO Nationals entry packet.**

7. Each qualifying gymnast will receive a Region7 JO Nationals shirt when their name is announced at the end of their session.
8. Any qualifying athlete and their coach may order a Region 7 warm up. Please make a check out to ***USA Gymnastics Region7 Men*** for this order.
9. Any entry/ uniform questions can be directed to:
Richard Pulsfort, Region 7 chairman. region7menschairman@yahoo.com
10. Any competition questions can be directed to:
Bob Lundy, Region 7 Championships Meet Director.
Lundy_b@yahoo.com
11. Any judging /technical questions can be directed to:
Lenny Lucarello, Region 7 JO Technical Director region7jotd@live.com
or Joe Rank joseph.rank@gmail.com, Region 7 Optional Championship Meet referee at the competition.