

**2018**  
**Junior Developmental National Invitational**



**USA GYMNASTICS®**



# 2018 Region VII Junior Developmental National Invitational

- **Dates:** April 28<sup>th</sup>, 2018
- **Competition Director:** Rich Pulsfort,  
[region7menschairman@yahoo.com](mailto:region7menschairman@yahoo.com)  
908-347-6171
- **Location:** Lou Gross Sports Center, United States Military Academy, West Point, NY 10996 Use Thayer Gate to enter West Point and have a picture I.D. for ages 16 and older.
- **Host Hotel:** **There is no host hotel but there are recommended hotels in the area.**
- **Entries:** Please find the competition on the USA Gymnastics Meet Reservation System (NY, 2018 Junior Development National Invitational) and enter your athletes into the competition. Deadline for entries is April 25, 2018
- **There is no qualifying score for this competition.**
- **Cost:** \$100 per athlete. Make Check payable to USA Gymnastics Region7 Mens
- **Send entry payment to:** Richard Pulsfort  
529Maple Ave  
Elizabeth, NJ 07202
- **Awards:** Individual will meet or exceed USA Gymnastics recommended minimums and **Team awards** after each session.
  - **Division 2:** Top 3 scores on each event regardless of age
  - **Division 1 (11-14)** Top 3 scores on each event
  - **Division 1 (15-19)** Top 3 scores on each event
  - **Division 1(11-19)** Top 5 scores on each event
- **Website for information:** <http://region7mensgymnastics.com/>

## Schedule of Events

### Session 1 – Saturday, April 28<sup>th</sup> – Lou Gross Sports Center

#### Level Junior Development Division 2 Ages (11-12), (13-14), (15-16), (17-19)

AM – 8:00-8:30 Open Stretch and Check in

AM – 8:30-10:00 Timed Warm Up (15 minutes per event)

AM – 10:05-12:05 Competition

AM – 12:05 Awards

### Session 2 – Saturday, April 28<sup>th</sup> – Lou Gross Sports Center

#### Level Junior Development Division 1 Ages (11-12), (13-14)

PM – 1:00-1:30 Open Stretch and Check in

PM – 1:30-3:00 Timed Warm Up (15 minutes per event)

PM – 3:05- 5:05 Competition

PM – 5:05 Awards

### Session 3 – Saturday, April 28<sup>th</sup> – Lou Gross Sports Center

#### Level Junior Development Division 1 Ages (15-19)

PM – 5:45-6:15 Open Stretch

PM – 6:20-7:50 Timed Warm Up (15 minutes per event)

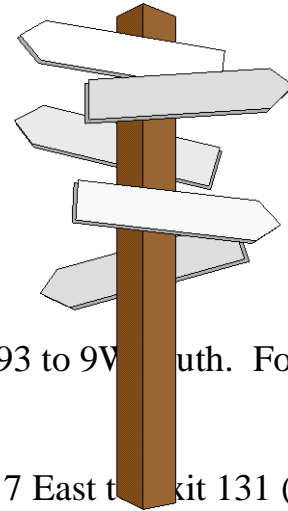
PM – 7:50-9:50 Competition

PM – 9:50 Awards

\*\*\*Times are tentative and will be finalized when competition entry has closed\*\*\*

\*\*\*\*Competition format may vary for each session (traditional, Capital Cup, Modified Capital Cup)  
Depending on number of entries\*\*\*\*

# Traveling to West Point



From the New York State Thruway (Route 87):

Take exit 16-Harriman to Route 6-East to Route 293 to 9W South. Follow signs for West Point.

From the West (Western New York): Take Route 17 East to Exit 131 (Harriman).

Take Route 6-East to Route 293-East. Take Route 9W-South and follow signs for West Point.

From the Massachusetts Turnpike: Take New York State Thruway (Route 87) South to Exit 16-Harriman to Route 6-East to Route 293 to Route 9W-South. Follow signs for West Point.

From the Danbury, Connecticut Area:

Take Interstate 84-West to Exit 10-South (Newburgh, NY). Follow Route 9W south and follow signs for West Point.

From Southern Connecticut:

Take Route 95-South to Route 287-West across the Tappan Zee Bridge. Take New York State Thruway (Route 87)-North to Exit 16-Harriman. Take Route 6-East to Route 293 to Route 9W South. Follow signs for West Point.

From Western New Jersey:

Take Route 94-East to Route 17-East to Route 6-East to Route 293-East to 9W-South. Follow signs for West Point.

From Central/South Jersey:

Take New Jersey Turnpike North. Follow signs for George Washington Bridge lower level. Take exit Palisades Parkway North to Bear Mountain Parkway to Route 6 East. Take third right on the roundabout to 9W north and follow signs to West Point.

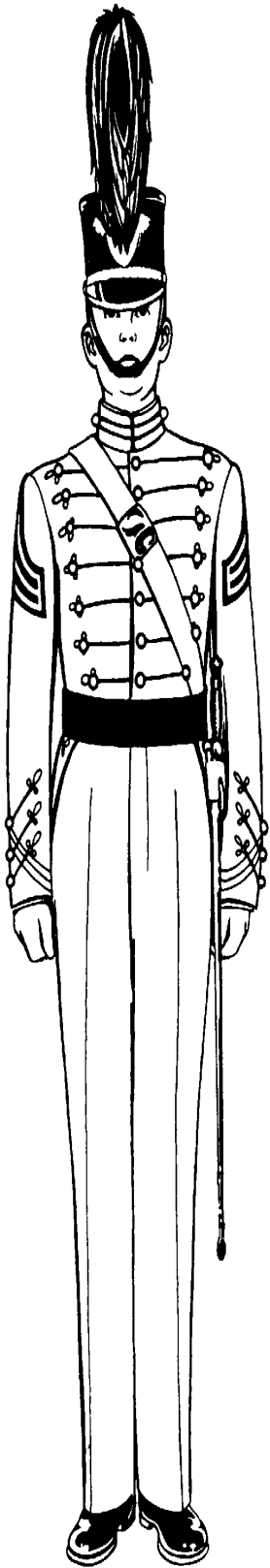
# Parking at West Point

## **Enter West Point by using Thayer Gate**

**Lou Gross Sports Center Facility parking is adjacent to the parking lot G up the hill from the Holleder Center.**

**Please obey all parking rules and regulations. The Military Police have jurisdiction over West Point.**

# Local Lodging



## West Point Area:

**Hotel Thayer**  
Thayer Road  
West Point, NY  
(845) 446-4731  
**(Host Hotel)**

Holiday Inn Express  
1106 Route 9W  
Fort Montgomery, NY  
(845) 446-4277

West Point Motel  
156 Main Street  
Highland Falls, NY  
(845) 446-4180

Best Western Palisades  
Route 218 & 9W  
Highland Falls, NY  
(845) 446-9400

U.S. Academy Motel  
41 Main Street  
Highland Falls, NY  
(845) 446-2021

Bear Mountain Inn  
Route 9W  
Bear Mountain, NY  
(854) 786-2731

## North of West Point: - approximately 15-30 minutes from West Point

Hampton Inn –  
60 Centre Drive  
Central Valley, NY  
(845) 782-9600

Hudson Valley Hotel  
90 Route 17K  
Newburgh, NY  
(845) 564-9020

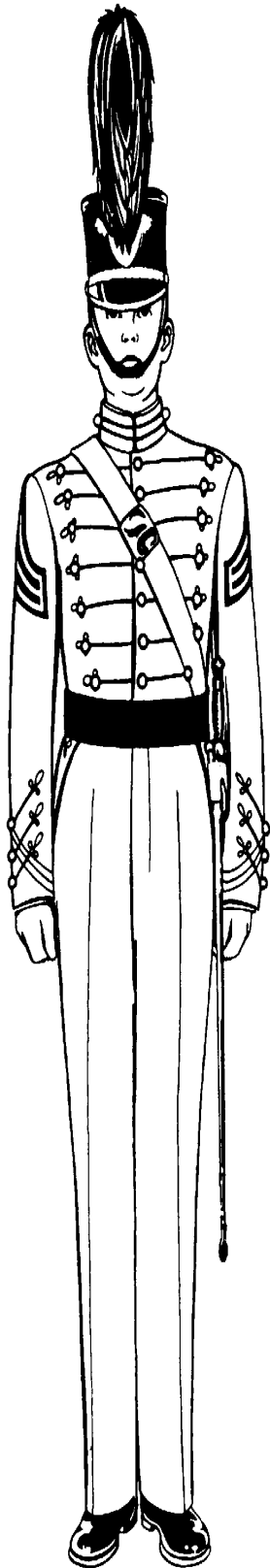
Howard Johnson Lodge  
95 Route 17K  
Newburgh, NY  
(845) 564-4000

Ramada Inn  
1055 Union Avenue  
Newburgh, NY  
(845) 564-4500

Days Inn  
845 Union Avenue  
Newburgh, NY  
(845) 564-7550

Super 8 Motel  
1287 Route 300  
Newburgh, NY  
(845) 564-5700

Comfort Inn  
5 Lakeside Road  
Newburgh, NY  
(845) 567-0567



# Local Lodging

Econo Lodge  
31 Windsor Drive  
New Windsor, NY  
(845) 561-6620

Courtyard by Marriott  
4 Governor Drive  
Newburgh, NY  
(845) 567-4800

Hampton Inn of Newburgh  
1054 Union Avenue  
Newburgh, NY  
(845) 567-9100

## New Jersey Hotels: -approximately 40-45 minutes to West Point

Ramada Inn  
180 Rt. 17S  
Mahwah, NJ  
(201) 529-5880

Sheraton International  
One International Blvd.  
Mahwah, NJ  
(201) 529-1660

Courtyard Marriott  
140 Route 17S  
Mahwah, NJ  
(201) 529-5200

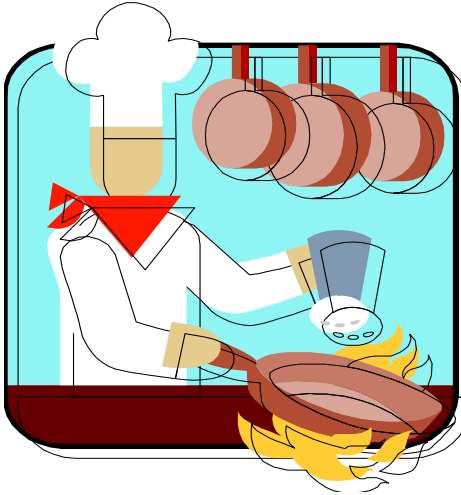
## South of West Point: -approximately 40-50 minutes to West Point

Marriott-Westchester  
670 White Plains Road  
Tarrytown, NY  
(914) 631-2200

Holiday Inn  
3 Executive Blvd.  
Suffern, NY  
(914) 357-4800

Marriott Park Ridge  
300 Brae Blvd.  
Park Ridge, NJ  
(201) 307-0800

Pearl River Hilton  
500 Veterans Memorial  
Pearl River, NY  
(914) 735-9000



## LOCAL AREA RESTAURANTS

### Highland Falls

**Hacienda Restaurant**  
145 Main Street  
(845) 446-8257

**Thayer Hotel**  
Thayer Road  
(845) 446-4731

**McDonald's**  
Main Street  
(845) 446-4935

**Park Restaurant**  
64 Main Street  
(845) 446-8709

**Schade's Restaurant**  
54 Main Street  
(845) 446-2626

**West Wing**  
323 Main St.  
(845) 446-2226

**Dong Fong Restaurant**  
78 Main Street  
(845) 446-0763

**Maria Bonita Mexican Restaurant**  
315 Main Street  
(845) 446-5393

#### Subs/Pizza:

**West Point Pizza**  
282 Main Street  
(845) 446-5544

**Highland Falls Market**  
447 Main Street  
(845) 446-3992