



2023 Men's Region 8 Championships

Coach Information Packet

Congratulations to your team for qualifying to the 2023 Men's Region 8 Championships! Please review the following information in order to prepare you for event weekend and share it with all attending coaches:

- 1) General Event Information
- 2) Competition Schedule
- 3) Venue, Directions, and Parking Information

Event Website: Visit the event website by [clicking here](#). The website contains local area information, new updates as they become available, competition results, and direct booking links to our host hotels.

Map, Directions, and Parking Information can be found on Pages 4 and 5 of this document. Please note that the convention center does charge for parking (\$5 per day).

Check In & Credentials: When you first arrive you will need to visit the Registration area to sign the official USA Gymnastics Sign-In sheet. Coaches without verifiable membership status will have to pay admission and be allowed in the spectator areas only. Coaches not pre-registered in Meet Reservations must show a copy of their USA Gym membership card with QR code, so that it may be scanned for membership status, as required by USA Gymnastics. You will receive a credential. Please keep your credential on you, as this is your ticket into the convention hall.

Rotation sheets will be posted at www.rotationsheets.com the week prior to the meet. Sheets will be available to coaches only on event weekend. Rotations are subject to change.

Format: Following General Stretch, Flight A athletes will immediately begin warming up on their first event. Flight B athletes may continue general stretch. Once Flight A's warm up has concluded, all athletes will line up at their first event for introductions. After introductions, Flight A will begin competition on their first event and Flight B will warm up on their first event.

Rotations: We will control and announce rotations. Please do not begin warming up or competing until you hear the Floor Manager's announcement.

Open Workout: There is an open workout available on Thursday evening from 4:00-7:00PM. This open workout is for Level 8-10 athletes only and each athlete must have a coach with them.

Coaches Meetings: Prior to each coaches meeting, there will be a Master Rotation Sheet posted. All clubs will be required to highlight their club name at the top of the rotation sheet to let us know they are present. Coaches can also indicate any scratches at that time to expedite the coaches meeting.

Hospitality & Coaches Meals

Coffee, tea, and water will be provided to coaches throughout event weekend. There will also be concession areas available. No outside food or drink is allowed to be brought into the venue.

If your team has back-to-back sessions during a meal break, meal tickets will be provided to coaches.

- **FRIDAY:** Lunch tickets provided between sessions FR1 & FR2; Dinner tickets provided between sessions FR2 & FR3.
- **SATURDAY:** Lunch tickets provided between sessions SA1 & SA2; Dinner tickets provided between sessions SA2 & SA3.
- **SUNDAY:** Lunch tickets provided between sessions SU1 & SU2.

If you have any questions, or if there is anything we can do to assist you, please do not hesitate to contact us. Again, we congratulate all athletes for qualifying to the 2023 Men's Region 8 Championships and we wish them the best of luck!

Kevin White
Meet Director
Region 8 Chairman

[Shane Cummings](#)
Event Coordinator
USA Competitions

Taylor Aucoin
Assistant Event Coordinator
USA Competitions





2023 Men's Region 8 Championships Competition Schedule

THURSDAY, MARCH 30, 2023

OPEN WORKOUT	4:00PM – 7:00PM	<ul style="list-style-type: none"> Levels 8-10 Only Every athlete must be accompanied by a coach. No spectator fees.
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FRIDAY, MARCH 31, 2023

SESSION FR1	8:00AM – 11:25AM	Technical Sequences (All JE Athletes)
SESSION FR2	12:00PM – 4:40PM	Levels 5 & 6
SESSION FR3	5:15PM – 9:50PM	Level 7

SATURDAY, APRIL 1, 2023

SESSION SA1	8:00AM – 12:15PM	Level 9
SESSION SA2	12:45PM – 4:15PM	Level 10 (Ages 16-17)
SESSION SA3	5:00PM – 8:00PM	Level 10 (Ages 18+)

The age determination date is December 31, 2023. Level 10 athletes will compete in the appropriate session based on their age as of December 31, 2023.

SUNDAY, APRIL 2, 2023

SESSION SU1	8:00AM – 11:05AM	Level 8
SESSION SU2	11:30AM – 3:00PM	Level 4
SESSION SU3	3:15PM – 6:30PM	Level 3

Individual awards will immediately follow each session. Athletes will be divided into equal age groups.

Senior Recognition and Academic All-American Awards will take place at the beginning of each awards ceremony (if applicable).

**Savannah Convention Center – Hall B
1 International Dr
Savannah, GA 31421**



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EVENT LOCATION

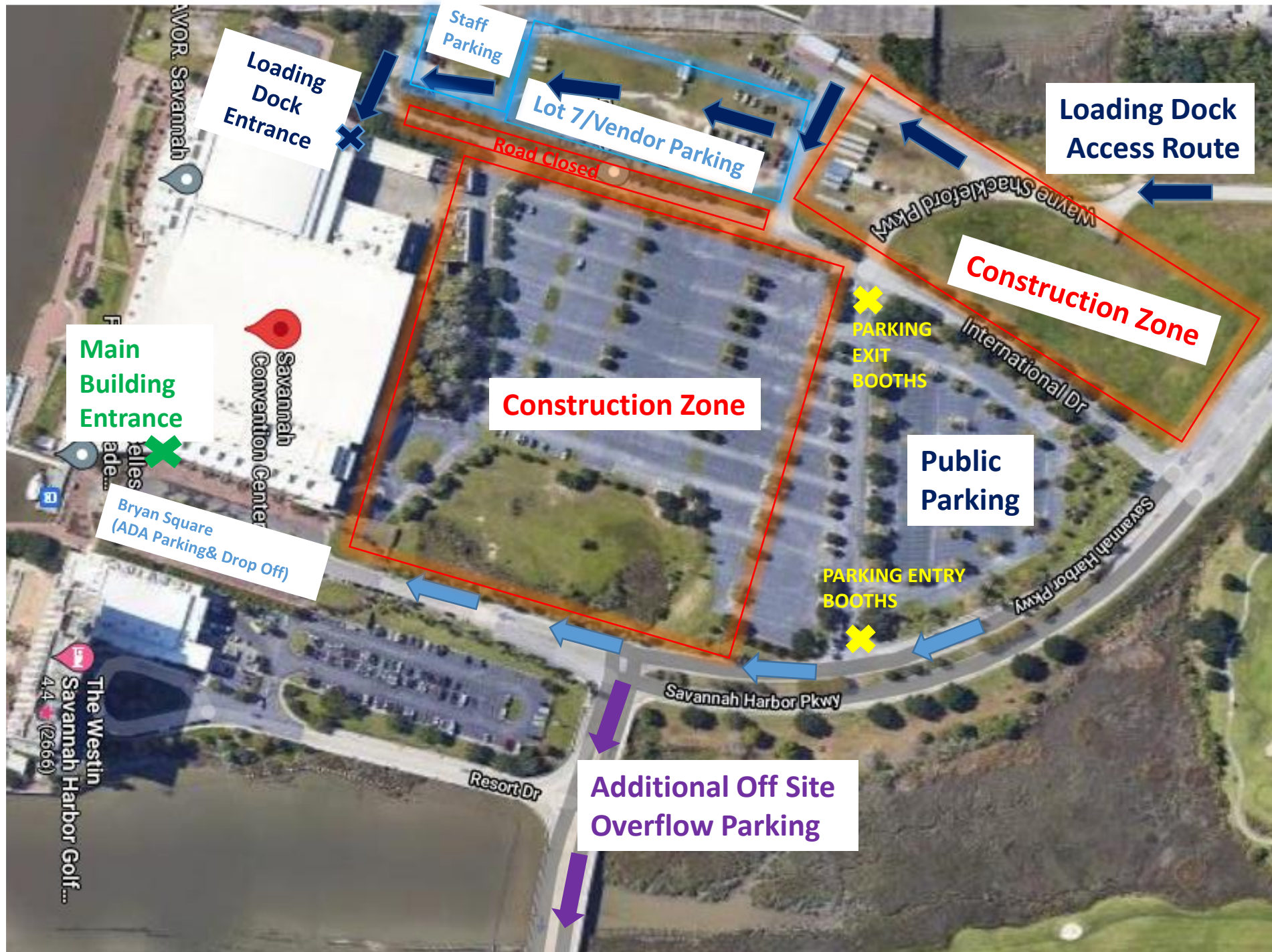
Savannah Convention Center – Hall B
1 International Dr
Savannah, GA 31421

PARKING

The convention center charges \$5 per day for parking. See the map on the following page for the parking location.

CONSTRUCTION

The Savannah Convention Center is undergoing construction. This means that normal traffic patterns and parking areas may be adjusted. Please review the next page and plan to arrive early in order to give yourself enough time to park, walk into the venue, and check in.



Loading Dock Entrance

Staff Parking

Lot 7/Vendor Parking

Loading Dock Access Route

Construction Zone

Construction Zone

Public Parking

Main Building Entrance

Bryan Square (ADA Parking & Drop Off)

Additional Off Site Overflow Parking

PARKING EXIT BOOTHS

PARKING ENTRY BOOTHS

Road Closed

W. Savannah

Wayne Shackelford Pkwy

International Dr

Savannah Harbor Pkwy

Savannah Harbor Pkwy

Resort Dr

The Westin Savannah Harbor Golf...

Savannah Convention Center