



## Region 3 - USA Gymnastics Level 8 Regional Championships

### TENTATIVE SCHEDULE

HOSTED BY: ACHIEVERS GYMNASTICS CENTER  
LOCATION: SWISHER COURTS  
501 EAST SWISHER RD, LAKE DALLAS, TX 75965  
*April 20/21/22 - Friday, Saturday, Sunday, 2018*

CONTINUOUS CAPITAL CUP FORMAT  
(2 SETS OF EQUIPMENT, 1 FLOOR, 1 TUMBLE STRIP)

*Friday, April 20th, 2018*

*Session 1 - (53)*  
*Junior A*

Open stretch – 8:00am  
Team Intro – 8:20am  
Warm up – 8:30-8:45am  
Compete – 8:45am  
Awards – 11:15am



Friday, April 20th, 2018

*Session 2 – (53)*

**JUNIOR B**

Open stretch – 12:30pm  
Team Intro – 12:50pm  
Warm up – 1:00pm  
Compete – 1:15pm  
Awards – 3:45pm

*Session 3 – (53)*

**JUNIOR C**

Open stretch – 5:00pm  
Team Intro – 5:20pm  
Warm up – 5:30pm  
Compete – 5:45pm  
Awards – 8:15pm

Saturday, April 21<sup>st</sup>, 2018

*Session 4 – (53)*

**JUNIOR D**

Open stretch – 8:00am  
Team Intro – 8:20am  
Warm up – 8:30am  
Compete – 8:45am  
Awards – 11:45am



Saturday, April 21st, 2018

*Session 5 – (52)*

**SENIOR A**

Open stretch – 12:30pm

Team Intro – 12:50pm

Warm up – 1:00pm

Compete – 1:15pm

Awards – 3:45pm

*Session 6 – (52)*

**SENIOR B**

Open stretch – 5:00pm

Team Intro – 5:20pm

Warm up – 5:30pm

Compete – 5:45pm

Awards – 8:15pm

Sunday, April 21st, 2018

*Session 7 – (52)*

**SENIOR C**

Open stretch – 8:00am

Team Intro – 8:20am

Warm up – 8:30am

Compete – 8:45am

Awards – 11:45am



*Session 8 – (52)*

**SENIOR D**

Open stretch – 12:30pm

Team Intro – 12:50pm

Warm up – 1:00pm

Compete – 1:15pm

Awards – 3:45pm

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**Host Hotel: Embassy Suites by Hilton (NEW HOTEL IN DENTON!)**

**3100 Town Center Trail Denton, Texas 76201**

**940-243-3799 – FREE made to order Breakfast**

**FREE nightly evening reception**

**Be sure to ask for the Achievers invite rate, \$139!**

**Reservation must be made by Tue, March 20th, 2018**

**[Click here for Direct Link to Embassy Reservations for Regional Level 8 rate](#)**

**Helpful Links:**

[Other hotel options near competition venue and reservations](#)

**Swisher Courts – Meet Location**

Swisher Courts Home page: <http://www.swishercourts.com>

**City of Denton**

Denton City Restaurant Suggestions & Attractions:

<http://www.discoverdenton.com/index.cfm>

Local Weather (type in Denton, TX): <http://www.weather.com/>

**Your Host**

Achievers Web Site: <http://www.achieversgymnastics.com/>

Look for the Level 8 Regional Championship Logo & links on home page

**Meet Director:**

Frank Kudlac – [Frank.Kudlac@achieversgymnastics.com](mailto:Frank.Kudlac@achieversgymnastics.com)

Cell phone: 940-300-6891

Achievers Office: 940-484-4900

