



# 2019 Men's Region 1 Gymnastics Championships

Long Beach, California



## MEET INFORMATION

- Date: April 3 – 7, 2019
- Location: **Long Beach Convention & Entertainment Center**  
Hall B (competition site)  
300 E. Ocean Blvd., Long Beach, CA. 90802  
*See the Host Hotel page of the Regionals website for more information.*
- Website address: [www.MensRegion1Champ.com](http://www.MensRegion1Champ.com)
- Meet Director: Adam Lomax
- Contact Info: [gymboy03@yahoo.com](mailto:gymboy03@yahoo.com)
- Hosted by: Adam Lomax, Tim Klemphauer and Roger & Debbie Baldwin
- Airports: Long Beach (6 miles to Arena),  
LAX (22 miles to Arena),  
John Wayne (Orange County, Santa Ana) (23 miles to Arena).  
*See Airport flyer for more information.*
- Host Hotels: Westin Long Beach **\$179**  
Courtyard Marriott Long Beach **\$169**
- Entry Fee: \$135.00 (due at your State Championships)  
(an additional \$25.00 for Technical Sequences)
- Refund Policy: No refund after entry into the Regional Championships
- Event Format: Capitol Cup (for all sessions)
- Division 1: ONLY **Division 1** (Levels 5 – 7) can qualify to Regionals.

*\*Athletes will be selected to the Regional Team Clinic (Sunday morning) based on JO National Qualifiers in the JE division and in JO Level 10.*