



Saddle up for
★ Level 8, 9, 10 ★
PA State Championships



MARCH 23-26, 2023

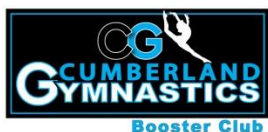
HOSTED BY CUMBERLAND GYMNASTICS

AT SPOOKY NOOK SPORTS

75 CHAMP BLVD

MANHEIM, PA 17545





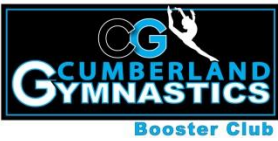
2023 Pennsylvania

Level 8, 9, 10 State Championships

COMPETITION INFORMATION

Cumberland Gymnastics Booster Club extends our congratulations to your gymnasts on qualifying to the 2023 Pennsylvania Level 8, 9, and 10 Championships. We hope you have a great trip and look forward to seeing you soon! Please continue to check the web page <http://cumberlandgymnastics.org/> and www.pagymnastics.com websites for continued updates. Gymnast entries will only be accepted through <http://www.meetmaker.com/>.

- Date:** March 23-26, 2023
- Host Club:** Cumberland Gymnastics
(717) 245-0561
- Meet Director:** Melanie Heckert
Please send all inquiries to: cumberlandgym@gmail.com
Phone: (717) 245-0561
- Competition Site:** Spooky Nook Sports Complex
75 Champs Blvd
Manheim, PA 17545
- Age Groups:** Age groups will be determined once all entries have been received.
- Awards:** Individual and All-Around awards will be presented to each age group at the conclusion of each competitive session going out 25%. Team awards will be awarded to 50% of teams entered not to exceed 10 places at the conclusion of the weekend of competition.
- Coaches Information:** Coaches MUST HAVE your current USAG Pro-member card at sign-in. There will be a coaches meeting at the beginning of each session.
- Schedule:** Will be posted on www.cumberlandgymnastics.org and www.pagymnastics.com
- Directions:** Please see the information located on the "Directions" page.
- Entry Fee(s):** The entry fee is \$125 per gymnast. ALL registration and fees must be submitted on <http://www.meetmaker.com/>. Entry deadline is March 3rd. Late fee of \$25 will be applied after March 11^h in Meet Maker. Team fee is \$50 per team.



Equipment: Modified Capital Cup Format – Spieth will be the equipment supplier.

Floor Music: Format for all media must be on an iPad, iPod, or MP3.

Admission Fees:

Admission	\$15 per day
Parking	\$10 per day

****All competitors may attend other sessions free of charge.**

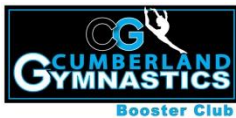
Host Hotels:

<p>Warehouse Hotel 2913 Spooky Nook Road Manheim, PA 17545</p>	<p>Two ways to book:</p> <ul style="list-style-type: none"> • Call hotel at 855-618-6181 and reference room block for PA Level 8-10 ATHLETE HOTEL ROOMS Code: 12724 • Book through our website at www.warehousehotel.com and use Group Login & Group Code 12724. <p>Must reserve by Friday, February 03, 2023.</p>
<p>Hampton Inn & Suites Mount Joy/Lancaster West 2301 Strickler Rd. Manheim, PA 17545</p>	<p>Two ways to book:</p> <ul style="list-style-type: none"> • Call hotel directly at 717-653-5515 and mention the Cumberland Gymnastics room block or group code: CGS. For guests choosing to reserve multiple nights, they will see a rate that is averaged off the other rates. The system automatically creates an average price when there are two different prices from a lower weekday rate. • The group code, CGS can also be used to reserve online at hilton.com. To enter the group code after logging into the site, simply add the group code in the (special rates) in the drop-down box.

Meet Updates: To receive information, please send an email to cumberlandgym@gmail.com listing your Name, pro number and club. **ALL** communication WILL BE WITH COACHES ONLY via email.

Seniors: Please make sure your graduating seniors fill out and return the bio information form to cumberlandgym@gmail.com by March 3rd, 2023.

Scores: Scores will be recorded by ProScore and will be available during the meet.



Meet Site: Spooky Nook Sports Complex



Directions:

FROM ROUTE 283 TRAVELING WEST FROM LANCASTER:

Take Salunga Exit.

Make immediate right on to Champ Blvd and then take a left (1/4 mile) onto "Olympic Drive".

FROM ROUTE 283 TRAVELING EAST FROM HARRISBURG:

Take Salunga Exit.

At the stop sign, make a left on to Spooky Nook Rd

Drive (2/10 mile) and turn right onto Champ Blvd

Take a left (1/4 mile) onto "Olympic Drive".

FROM PA TURNPIKE LANCASTER/LEBANON INTERCHANGE (EXIT 266):

Head South on Route 72/Lebanon Road towards Lancaster from the turnpike exit.

Turn right onto Market Square / Route 772 West / W High Street.

Turn left onto S. Colebrook Road.

Turn right onto Landisville Road.

Enter Champ Blvd on the left and then take a left (1/4 mile) onto "Olympic Drive".

FROM PHILADELPHIA INTERNATIONAL AIRPORT:

Take I-476 N to Exit 16B to merge onto I-76 W toward Valley Forge.

Stay on I-76 W toward Harrisburg.

Take Exit 286 to U.S. 222 S toward Lancaster.

Continue onto U.S. 30 W.

Stay left to take PA-283 W.

Take the Salunga Exit.

Enter Champ Blvd (right off 283) and then take a left (1/4 mile) onto "Olympic Drive".

FROM BALTIMORE WASHINGTON INTERNATIONAL AIRPORT:

Take I-695 N toward York, PA.

Take I-83 N towards I-30 E.

Take U.S. 30 E toward Lancaster.

Take the Prospect Road Exit from Route 30.

Turn Left onto Prospect Road and proceed for 4.7 miles.

Enter Champ Blvd (right off 283) and then take a left (1/4 mile) onto "Olympic Drive".

FROM I-81 TRAVELING SOUTH FROM WILKES-BARRE/SCRANTON:

Head South on I-81 to Exit 80 for PA-743 toward Grantville/Hershey.

Turn Left onto Bow Creek Rd/ PA-743.

Turn Right onto E Derry Rd.

Turn Left onto E Mansion Rd.

Turn right onto E Chocolate Ave.

Turn left onto Homestead Rd.

Turn left onto State Hwy 743 S/Elizabethtown Rd.

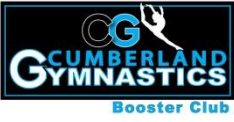
Turn left to merge onto PA-283 E toward Lancaster.

Take the Salunga Exit.

Enter Champ Blvd (right off 283) and then take a left (1/4 mile) onto "Olympic Drive".

Additional Meet information (hotels, restaurants, and places of interests) available on the website:

<http://cumberlandgymnastics.org/>



2023

Level 8, 9, and 10 State Championship

SENIOR INFORMATION FORM

Please have your senior athletes complete this form and return via email to cumberlandgym@gmail.com. We must have this form by March 3rd. If we do not have the form by this date, we will not be able to recognize the senior for the meet.

NAME: _____

Email: _____ State: _____ Age Group: _____

PARENT'S NAMES: _____

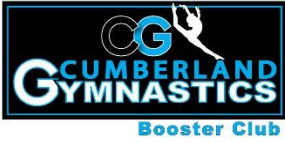
CLUB: _____

COACHES: _____

YEARS IN GYMNASTICS: _____

CAREER HIGHLIGHTS: _____

FUTURE PLANS and WORDS OF WISDOM FOR YOUNGER ATHLETES: _____



Level 8, 9, and 10 State Meet T-shirt Order Form



Team: _____
 Contact Person: _____
 Phone: _____
 E-mail: _____

	Gymnast Name	T-shirt size (CM, CL, AS, AM, AL, AXL)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		

Total # T-shirts X \$20.00 =

*Deadline for ordering is same as registration, March 3rd! Please send one check per team. Checks payable to CG Booster Club and can be mailed to Cumberland Gymnastics at 221 Petersburg Road, Carlisle, PA 17013
 T-shirt cost at meet will be \$25.*