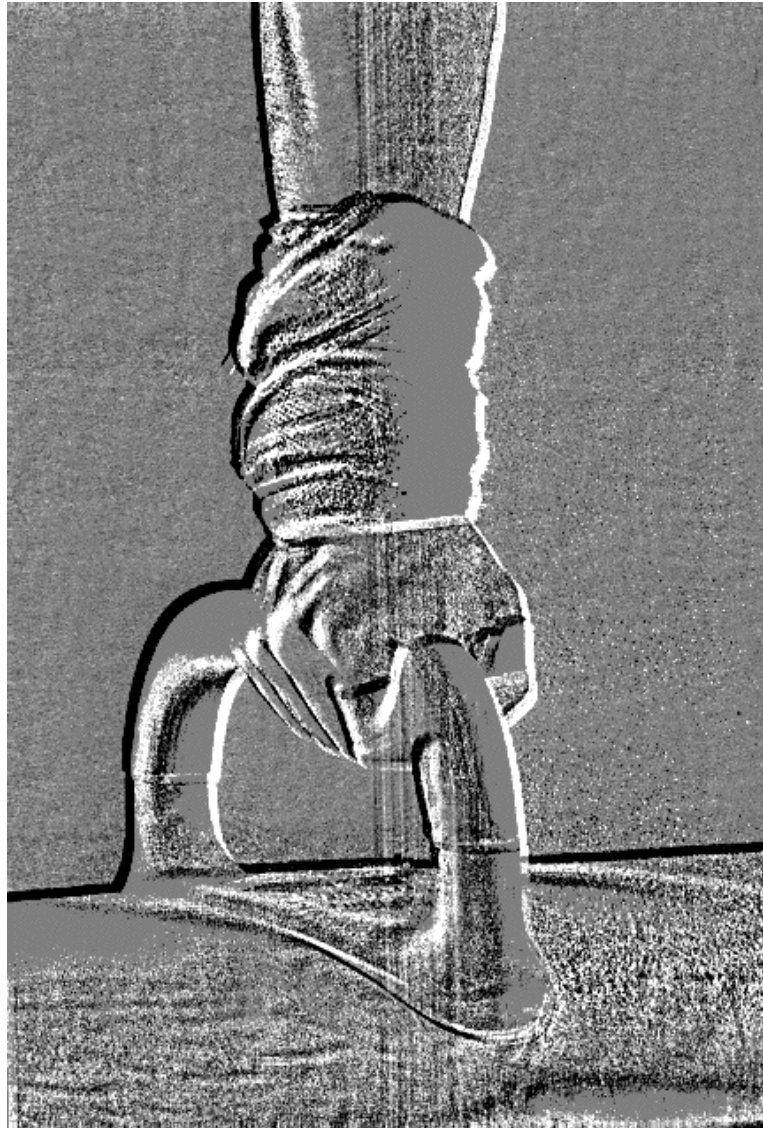


**21st Annual
2012 West Point Gymnastics Open**



UNITED STATES MILITARY ACADEMY



2012 West Point Gymnastics Open

- **Dates**: January 27th – 29th, 2012
- **Competition Director**: Douglas Van Everen
- **Location**: Holleder Center & Lou Gross Sports Center, United States Military Academy, West Point, NY 10996 (845) 938-3802. Use Thayer Gate to enter West Point and have a picture I.D. for ages 16 and older. **Note: Using Two facilities. The Friday and Saturday Sessions will be held in the Holleder Center, Sunday Sessions will be held in the Lou Gross Sports Center.**
- **For Information**: Call the gymnastics office at (845) 938-3802
- **Registration**: Indicate Gymnasts age as of September 1, 2011. Send registration **ASAP** to secure a spot. Teams that provide the names, USA #'s and payment will receive first priority!
- **Entry Fee**: \$125.00 per gymnast (**J.O. Sessions**). Send check payable to: "ARMY Gymnastics," USMA-ODIA/Gymnastics, West Point, NY 10996.
- **Awards**: 1st through 10th in all age groups. All teams included for team awards (**no additional fee**).
- **Host Hotel**: **Hotel Thayer** is the competition head quarters. The phone number is (845) 446-4731. The special 2012 rate for a double is \$135.00 per night.
- **Refunds**: **Partial** refunds will be given out prior to December 1st 2011. No refunds after December 1st.
- **Fax Number**: (845) 938-3298
- **Web Access**: www.goArmySports.com (click onto Gymnastics)

Schedule of Events

Youth Session 1 – Friday, January 27th – Holleder Center

Level 10 (14-15) & (16-18)

Where - Holleder Center

When - 10:00 AM Open Stretch, 10:30 AM Timed Warm Up (15 minutes per event)

Competition - 12:00 PM

Awards - 2:30 PM

College Session: Elite Preliminaries – Friday, January 27th – Holleder Center

4:00 PM - Open Warm Up

5:35 PM - Timed Warm Up

7:00 PM - Competition

Competing teams include – Penn State, Navy, Temple, Springfield, ASU, Brockport and ARMY.

Youth Session 2 – Saturday, January 28th – Holleder Center

Level 7 – All Age Groups , Level 5 (10-11), (12+) & Level 6 (12+)

7:30 AM - Open Stretch

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

9:30 AM - Competition

12:00 PM – Awards

Youth Session 3 - Saturday, January 28th – Holleder Center

Level 9 (All Age Groups) & Level 8 (11-13), (14-15)

12:30 PM - Open Stretch

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

2:30 PM - Competition

5:00 PM - Awards

College Elite Finals - Saturday, January 28th - Holleder Center

Top 8 competitors in each event

5:30 PM - Open Warm Ups

7:15 PM - Event Finals

Youth Session 4 - Sunday, January 29th – Lou Gross Sports Center

Level 6 – (8-9),(10-11)

7:30 AM - Open Stretch

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

9:30 AM - Competition

12:00 PM – Awards

Youth Session 5 - Sunday, January 29th – Lou Gross Sports Center

Level 5 – (7-9)

12:30 PM - Open Stretch

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

2:30 PM - Competition

5:00 PM - Awards

Team awards will be given for each level:

Level 5 - Top 5 Scores

Level 6 - Top 5 Scores

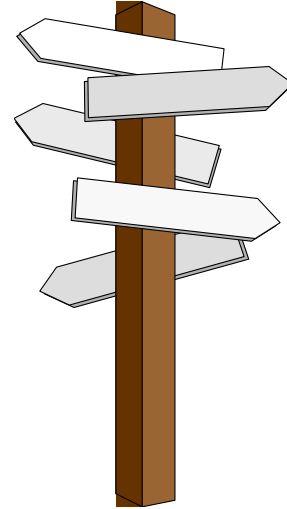
Level 7 - Top 3 Scores

Level 8 - Top 3 Scores

Level 9 - Top 3 Scores

Level 10 - Top 3 Scores

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:

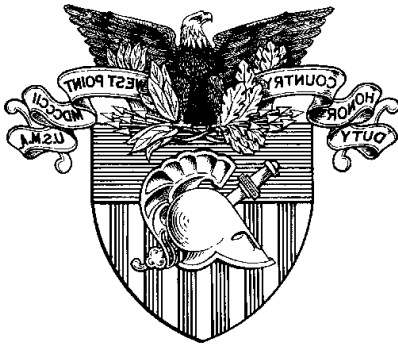
Take Interstate 84-West to Exit 10-South (Newburgh, NY). Follow Route 9W South and follow signs for West Point.

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.



Parking at West Point

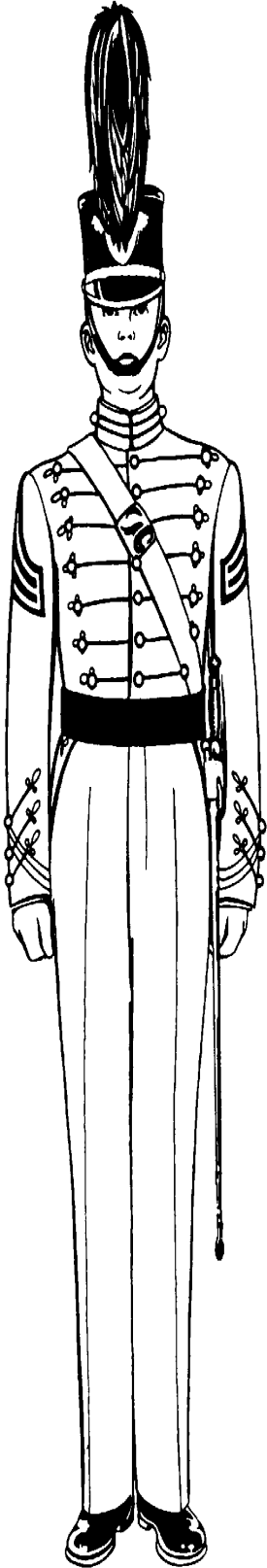
Enter West Point by using Thayer Gate

The Holleder Center parking for the team bus is on Fenton Place between the Holleder Center and Howze Field. Spectator parking is located at A & F lots.

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 – New (June 08)
60 Centre Drive
Central Valley, NY
(845) 782-9600

Holiday Inn Lodge
90 Route 17K
Newburgh, NY
(845) 564-9020

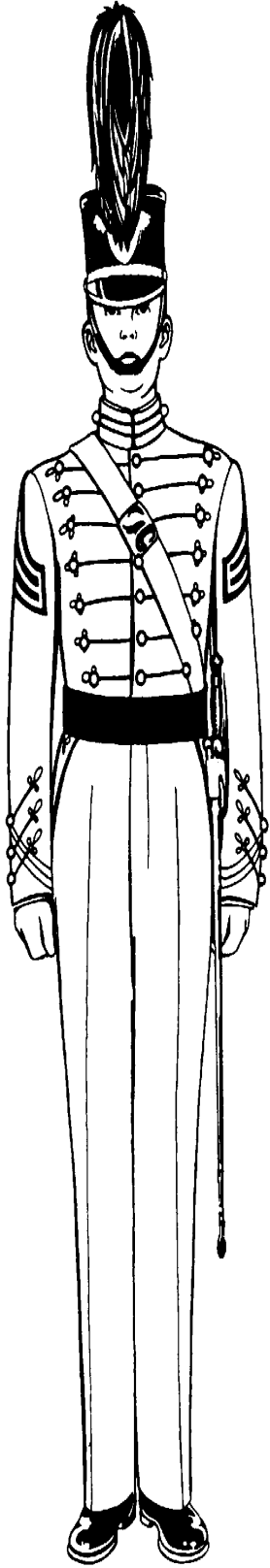
Howard Johnson Lodge
95 Route 17K
Newburgh, NY
(845) 564-4000

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

Schades Restaurant
54 Main Street
(845) 446-2626

Nicole's
RT. 218 Main Street
(845) 446-4729

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