



Hello Club Parents of Boys Region 5 Athletes!

We are excited to be hosting you for the 2025 USA Gymnastics Region 5 Men's Championships April 3-6, 2025, Enclosed is some information to help with your stay in Ypsilanti, MI.

Competition Venue:

Lincoln Athletic Building (Lincoln Schools)
7267 Willis Rd
Ypsilanti, MI 48197

Meet Format: All sessions are Dual Cup format (2 sets of equipment; Judges rotate).

Arrival: Please do not arrive more than 45 minutes before your event. This will allow the arena and staff to be ready when you arrive and help alleviate congestion.

*The venue this past weekend was pretty warm. We would advise to dress in layers to be comfortable.

Hotel Information:

The most up to date information can be found: <https://www.epicflipsandfun.com/2025-state-meet>

Admissions (CASH ONLY): Nearest ATM is 8 minutes away.

Adults (18+): \$15
Seniors (65+) - \$10
Children (2-17) - \$10
Children Under 2 - Free

Parking:

Parking is free for the entirety of the event. Parking lots are in front of the Athletic Building as well across the lot in the Performing Arts Building lots.

Good Luck Grams:

If you ordered a good luck gram, please make sure you take it with you when you leave. These will be displayed in the gyms your athlete is competing in.

Event Apparel and Vendors:

- Northwest Designs will be our official merchandise vendor. They will be set up for all your event specific gear.
- Maui Wowi will be on site for all your favorite meet smoothies!
- Candy Grams will be available to purchase the day of the event for \$4 each.

Athlete Check in:

Your athletes will not need to check in for this event. They will check in with their coaches. Your athlete will not be able to enter the competition floor until the session prior has concluded. No parents are allowed to accompany their athlete on the competition floor at any time.

Awards:

- Each session will have awards immediately following their session in each gym's designated awards area..
- Awards will be presented one age group at a time.
- Boys Level 4-9 are divided into "wandering age groups". Gymnasts in each level are put in order from youngest to oldest, and divided into equal age groups (Junior, Senior, etc.). There will be approximately 20-30 kids per age group, and awards will be given to approximately 1/3 of the age group. Level 10s are divided into age cohorts (e.g. 16 year olds, 17 years olds) that are not necessarily equal in size. Level 10 awards will go out a maximum of 10 places; Less if the age cohort is smaller than 30 athletes. There are no awards for the Tech Sequences session. Individuals competing in the State Team session will receive individual awards in their session. Ties are broken sequentially, and all places will be honored for the last place out. Optionals will use FIG rules for tie-breaking. Team awards for all levels will be given in a combined group for the entire level.

We look forward to hosting everyone soon!

Russ and Jen Young

Epic Gymnastics