



Congratulations on qualifying your athletes to the 2023 Region 4 DEV Championships! We want to help you and your athletes have a successful competition. Please read this email in its entirety to be best prepared for the competition.

- **Schedule**

- The schedule and meet information are available at: [Region 4 Dev Championships 2023 - High 5 Meets](#)
- We are running two gyms simultaneously, please be sure to have enough coaches for both gyms. We are on a tight schedule, plan accordingly.

- **Coaching Reminders**

- All coaches MUST be pre-registered on the USAG Meet Reservation system. Onsite registration will cost \$100.00/coach. Registration is now closed. If you need to add a coach, email me at: paiger@iowagymnest.com with the name and USAG number and I will add them.
- All USAG policies will be adhered to, including the dress code. (Refer to USAG Rules & Policies 2021-22 page 22, C.) Any coach not following the dress code will be removed from the competition area.
- I understand that this is a stressful situation for many coaches and athletes, especially those trying to qualify for Westerns and Nationals, however, please remember to be kind to the volunteers and those running the competition. We will have Tom Koll on site as the Technical Director and Windee Weiss on site as the Meet Referee. Direct any questions you have regarding start values and scores to either Tom or Windee. They are there to help you.
- Please check your roster on the meet reservation system and make sure it is accurate. If you have scratches, please email them to me ASAP. paiger@iowagymnest.com

- **State Team Competition**

- **Level 9 and 10**
 - The top 9 AA scorers, regardless of age division, at the State Meet comprise each state's Level 9 and Level 10 teams.
 - The top 5 scores on each event will count towards team score. At the conclusion of Session B03 we will award plaques to the 1st-3rd place Level 10 teams. The Level 9 team awards will be given out after Session B09.
- **Level 8**
 - Every Level 8 competing at Regionals is part of the State team competition. We will calculate each state's team score for each Level 8 session (top 3 scores). The athletes on the top 3 state teams in each Level 8 session will receive a certificate.
 - The overall Level 8 team winner will be determined based on a points system (1st place = 10 points, 2nd place = 7 points, 3rd place = 4 points, 4th place = 1 point). The state with the most points at the end of Session T05 will be crowned the winner.
 - Last year's top 3 teams were: 1st place Minnesota, 2nd place Missouri, 3rd place Wisconsin.

- **Qualifying for Westerns**

- The top 7 athletes in each age division (provided they achieve an AA score of a minimum 34.0) will represent Region 4 at the Western National Championships in Boise, Idaho. The athlete finishing 8th is the first alternate. The athlete finishing 9th is the 2nd alternate.
- All 9 athletes must turn in their GK sizing form immediately following their age group's awards ceremony.
 - I am attaching the GK sizing information. We will NOT have sizing samples available at the meet. Athletes should follow the sizing instructions prior to the competition. The Warm Ups are the fitted style, use that sizing chart.
 - Only qualified athletes and 1 coach will be allowed in the sizing area – **absolutely no parents will be allowed.**
 - The top 8 athletes will receive their Region 4 apparel at this time; the 2nd alternate does not receive Region 4 apparel, unless she is called up to compete
 - 2nd alternates may purchase the apparel
- Level 9 Westerns qualifiers must be registered by the conclusion of the Level 9 competition Session B09 (Sunday morning). Todd Beyer (Iowa State Chair) and I will be at the scoring table registering athletes. Come prepared with your club number and a business check. One of us will help you register your athletes.
- Entry fees for Westerns MUST be paid before you leave the venue Sunday afternoon. **We will accept 1 business check for all level 9 qualifiers.** Checks should be made out to: Region 4 Gymnastics. The entry fee is \$150.00/athlete.
- Additional information about Westerns: [Level 9 Western Championships - USA Gymnastics \(usagymwestern.com\)](#)

- **Qualifying for DP Nationals**

- The top 7 (minimum 35.0 AA) of their age division qualify to represent Region 4 at the DEV National Championships in Oklahoma City. The 8th place finisher is the first alternate. The 9th place finisher is the 2nd alternate.
- All 9 athletes must turn in their GK sizing form immediately following their age group's awards ceremony.
 - I am attaching the GK sizing information. We will NOT have sizing samples available at the meet. Athletes should follow the sizing instructions prior to the competition. The Warm Ups are the fitted style, use that sizing chart.
 - Only qualified athletes and 1 coach will be allowed in the sizing area – **absolutely no parents will be allowed.**
 - The top 8 athletes will receive their Region 4 apparel at this time; the 2nd alternate does not receive Region 4 apparel, unless she is called up to compete
 - 2nd alternates may purchase the apparel
- Any athlete qualifying for Level 10 Nationals must be registered by the conclusion of Session 3A (Friday night) Todd Beyer (Iowa State Chair) and I will be at the scoring table registering athletes. Come prepared with your club number and a business check. One of us will help you register your athletes.
- Entry fees for DEV Nationals MUST be paid before you leave the venue Friday night. We will accept 1 business check for all level 10 qualifiers. Checks should be made out to: Region 4 Gymnastics. The entry fee is \$150.00/athlete.
- Additional information about DEV Nationals: [Home | Development Program National Championships \(devnationals.com\)](http://devnationals.com)

- **Level 10 All Star Session at DEV Nationals**

- Athletes not qualifying to Level 10 nationals in their age division can qualify to the All Star Session
- No age divisions are considered in determining these qualifiers
- After the completion of all Level 10 sessions on Friday the Region 4 All Star qualifiers will be announced:
 - The athletes with the top two All Around scores (minimum 35.0) who did not qualify in their age division qualify to compete All Around (these athletes can also be alternates for DEV Nationals)
 - The athletes with the top 5 Vault scores (minimum 9.3) who did not qualify in their age division qualify to compete Vault
 - The athletes with the top 5 Bars scores (minimum 9.3) who did not qualify in their age division qualify to compete Bars
 - The athletes with the top 5 Beam scores (minimum 9.3) who did not qualify in their age division qualify to compete Beam
 - The athletes with the top 5 Floor scores (minimum 9.3) who did not qualify in their age division qualify to compete Floor
- These athletes will need to know their GK apparel sizes. Athletes who want to participate in the All Star session should they qualify, should plan on being at the meet site at the conclusion of the Level 10 (session B03) to be sized for apparel.
- Clubs that do not plan on attending the All Star session must notify me prior to the conclusion of Session B03 awards, so that we can move to the next athlete
- Athletes must be registered and entry fee paid exactly the same as the other Level 10 qualifiers.
- Entry fee remains the same (\$150.00) regardless of the number of events the athlete qualifies in

- **Westerns and Nationals Coaching Attire**

- Coaches who will coach at Westerns or DEV Nationals must be fitted for Region 4 coaching apparel
 - Only **unaltered** Region 4 apparel and black or beige/tan athletic pants can be worn while coaching at Westerns and Nationals
 - Additional apparel, including 2 different Region 4 jackets and a hoodie will be available for purchase
- The apparel order form is attached to this email
 - Clubs that participated in the 2022 Region 4 Training Camps earned free apparel based on this formula:
 - 1-5 athletes at training camp = 1 coach outfitted for free
 - 6-10 athletes at training camp = 2 coaches outfitted for free
 - 11-15 athletes at training camp = 3 coaches outfitted for free
 - 16+ athletes at training camp = 4 coaches outfitted for free
 - Serve as a Master Clinician (Invite Only) = 2 coaches outfitted for free
 - Serve as Support Staff (Invite Only) = 1 coach outfitted for free
 - A list of clubs receiving free coaching apparel (provided athletes qualify for Westerns/Nationals) is attached
 - Coaches who do not qualify for free apparel must purchase their apparel by the end of the Level 9 competition Sunday morning.
 - Coaches are not allowed on the floor at Westerns or Nationals without the approved Region 4 apparel.
- Please do not wait until the last minute to get sized for your apparel. Gym Treasures will be working all day Friday and Saturday to get the apparel printed and handed out. It saves the region time and money if the apparel is picked up during Regionals

- **Special Admission Fee for USAG Athlete Members**

- Any USAG athlete member will receive admission to the competition for \$5.00. They must show their membership card. Please encourage your athletes to attend.

- **Level 9 and 10 Rankings**

- The Level 9/10 athlete rankings by age division are attached. These are not guaranteed to be 100% accurate.
- Please do not share with the athlete's parents.