

Bright Raven Gymnastics  
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Rochester, NY 14624  
585-247-0800



*Bright Raven*  
GYMNASTICS INC.

## 2019 New York State Men's Gymnastics Championships Final Schedule & Information

All sessions will use a full CAPITAL CUP format.

### Saturday, March 16<sup>th</sup>

#### Session #1: L6D1, L6D2, L7D1, L7D2, L8

8:30AM: Gym Opens  
9:00AM: Open Stretch  
9:15AM: Flight A First Event Warm Up  
9:30AM: March In / Competition  
Awards To Follow

#### NYS Coaches Meeting - 2:00PM

#### Session #2: L9, L10, JD1, JD2

2:30PM: Gym Opens  
3:00PM: Open Stretch  
3:15PM: Flight A First Event Warm Up  
3:30PM: March In / Competition  
Awards To Follow

#### Coaches & Judges Social

8:00PM: Bill Gray's Tap Room  
4647 Lake Rd North  
Brockport, NY 14420

### Sunday, March 17<sup>th</sup>

#### Session #3: L4D1, L4D2

7:30AM: Gym Opens  
8:00AM: Open Stretch  
8:15AM: Flight A First Event Warm Up  
8:30AM: March In / Competition  
Awards To Follow

#### Session #4: L5D1, L5D2, JE TS

12:30PM: Gym Opens  
1:00PM: Open Stretch  
1:15PM: Flight A First Event Warm Up  
1:30PM: March In / Competition  
Awards To Follow



**Venue:** Jim & John Vlogianitis Gymnasium  
Tuttle North Athletic Complex  
The College at Brockport  
321 New Campus Drive  
Brockport, NY 14420

**Directions:** Directions to The College at Brockport along with campus maps can be found here...

**<https://www.brockport.edu/about/maps/>**

**Parking:** Ample parking is available in **Lot T** to the east of the Tuttle North Athletic Complex off New Campus Drive. Enter the Tuttle North Building adjacent to Lot T by going up the stairs behind the digital display board. Follow the signs to the gym.

**Regional Entry:** Your regional entry and payment must be submitted to State Chairman Dan Molnar by the conclusion of the State Championships. All Regionals information can be found on the Region VII website here...

**<http://www.region7mensgymnastics.com/>**

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