



Provided below is important information that will help you prepare for what we hope will be a great weekend for our Region 7 qualifying gymnasts. All girls who qualify for the 2020 Women's Xcel Regional Invitational have worked very hard and it is our goal to make your trip here as enjoyable as possible.

MEET FORMAT:

Modified Capital Cup

EQUIPMENT SPECIFICATION:

DGS Gymnastics Supply – AAI – 20 landing mats

DATE:

May 30-31, 2020

MEET LOCATION:

Prince George's County Sports & Learning Complex
8001 Sheriff Road
Landover, MD 20784

SANCTIONED EVENT:

Only current USA Gymnastics Professional Members will be permitted on the floor. Membership status will be verified prior to entry into the meet.

MUSIC:

MP3 PLAYER

ENTRY FEE:

An entry fee of \$100 must be paid for all participating gymnasts. The qualifying score is 34.50 for all AA athletes. The deadline to register is April 30th or until the meet is full. A fee in the amount of \$25 per gymnasts will be added for all registrations received after the deadline. Please use the USAG Meet Registration Reservation System and mail entry form and payment to:

Grace Oritz
13025 Matey Road
Silver Spring, MD 20906
Attention: Meet Director

PETITIONS

Coaches must contact Jane Carusso (janecarusso2@gmail.com) to file a petition for gymnast participation. All petitions must be received no later than May 23, 2020.

SCHEDULE & UPDATES:

All updates and schedules will be emailed directly to the participating coaches based on emails provided on the meet registration forms, or you may visit our website at www.silverstars-meet.com.

SENIORS:

All graduating seniors must complete the bio information and return to silverstarsmeet@gmail.com no later than May 30, 2020. Qualifying score does not apply to Seniors.

AWARDS:

Individual and All-Around awards will be presented to each age group at the conclusion of each competitive session.

MEET DIRECTOR:

Grace Ortiz

grace@gosilverstars.com

ADMISSION FEES:

AGES	ONE-DAY	TWO-DAY
Adults & Children Ages 6 & Up	\$10	\$15
Seniors over 65 & Military w/ ID	\$ 5	\$10
Children Ages 5 & Under	Free	Free

TRAVEL INFORMATION:

For your convenience, below is the list of nearby airports and hotels near the competition site for the Women's Xcel Regional Invitational.

AIRPORTS

Ronald Reagan National Airport (DCA)

Washington, DC

Approximately 20-25 minutes from competition site.

Baltimore-Washington International Thurgood Marshall Airport (BWI)

Baltimore, Maryland

Approximately 20-25 minutes from competition site.

HOTELS

DoubleTree by Hilton Hotel - Largo, MD

9100 Basil Court

Largo, MD 20774

Reservation Line: 301-623-7154

Book online at: www.doubletreelargo.com

Hampton Inn Bowie

15202 Major Landale Boulevard

Bowie, MD 20716

Reservation Line: 301-809-1800

Website: www.hamptoninnbowie.com

Hampton Inn & Suites – Glenarden, MD

2901 Campus Way North

Glenarden, MD 20716

Reservation Line: 301-322-3200

Book Online: www.hamptoninnglenarden.com

