

**2024 Region 4 Men's Regional Championship  
Information Packet  
April 5 – April 7, 2024**

Region 4 Coaches and Families!

I hope everyone is enjoying a great 2023-2024 season. We are looking forward to hosting you at this year's Men's Region 4 Championships! The meet will be held at the Jacobson Exhibition Center at the Iowa State Fairgrounds in Des Moines, IA. To ensure you have a wonderful experience, we have compiled the below useful information.

**Competition Dates:** April 5 - 7, 2024

**Location:** Jacobson Exhibition Center at Iowa State Fairgrounds  
3000 E. Grand Ave  
Des Moines, IA 50317  
[Jacobson Exhibition Center](#)

**Parking:** Free

**Schedule:** The below schedule is preliminary and subject to change with final athlete counts.

**Friday April 5, 2024**

Session 1 - Level 5 and Technical Sequence  
*Open Stretch - 1:00 pm*

**Saturday April 6, 2024**

Session 2 - Level 7  
*Open Stretch - 8:00 am*

Session 3 - Level 10  
*Open Stretch – 12:15 pm*

Session 4 - Levels 6, 8, and 9  
*Open Stretch – 3:45 pm*

**Sunday April 7, 2024**

Session 5 - Level 4  
*Open Stretch - 9:00 am*

**Competition Format:** Capital Cup

**Entry Deadline:** All registrations need to be made via the USA Gymnastics website (<https://usagym.org/>). Registration deadline is March 15, 2024. No athlete or level changes after March 18, 2024.

**Entry Fees:** Individual – \$160 per athlete (non-JE) /  
\$175 per athlete (JE with Technical Sequence)  
Team – \$50 per level (all levels that have 3 or more athletes competing from the same gym)

*\*Make checks payable to **Chow's Boys Gymnastics Booster Club** and submit to your state chair at the state meet.*

*\*\*No refunds after March 15, 2024*

**Awards:** Individual – awards given for all-around and events  
Team – awards given by level based on aggregate total of top 3 athlete event scores per team  
*\*Total number of awards in each level / age group / session will be based on final number of athlete entries.*

**Scoring:** Real-time scoring will be prominently displayed on scoreboards at the meet site and online at <https://www.myusagym.com/meets/live/> or via the MyUSAGym app.

**Equipment:** AAI equipment provided by NSGEL, Inc.

**Hospitality:** Food and beverages provided for coaches and judges.  
Concession available on-site for spectators. No outside food allowed.

**Admissions Fee:** \$20 per Adult  
\$15 for Seniors, Military, and First Responders  
\$15 per Child (Ages 6-18)  
Ages 5 and under are free

*\*Tickets will be available for purchase in advance via the website or on the day of competition at the box office.*

**Apparel:** Fine Designs will be on-site selling customizable apparel and merchandise

**Hotels:** **Best Western Premiere - Ankeny**  
2502 SE Tones Drive, Ankeny, Iowa 50021  
[BWP Reservation](#)

*\*Use reservation bar at the top of the page. Select "Edit" and enter desired check-in/check-out date. Use Promotional Code ".....". Room rates are \$139.00 USD + tax and will be available up to March 21<sup>st</sup>.*

### **Holiday Inn Express & Suites - Des Moines Downtown**

333 SW 11<sup>th</sup> Street, Des Moines, Iowa 50309

#### [IHG Reservation](#)

*\*Use reservation bar in the middle of the page or call 1 800 HOLIDAY (800 465 4329). After selecting check-in / check-out dates, click "search". The Group Code is "GRC" and is automatically entered when using online booking. Room rates are \$169.00 USD +12% tax and will be available up to March 21<sup>st</sup>.*

### **La Quinta by Wyndham - Altoona Des Moines**

1785 11th Street NW, Altoona, Iowa 50009

#### [Reserve Room](#)

*\*Use reservation bar at the top of the page. After selecting dates of stay, click on Special Rates and select Group Code in the drop down. The block Group Code is 04052024USAG. Block room available for reservation up to March 14<sup>th</sup>.*

### **Super 8 by Wyndham Altoona**

2101 Adventureland Dr, Altoona, Iowa 50009

#### [Reserve Room](#)

*\*Use reservation bar at the top of the page or call hotel directly at (515) 967-3878. Use the reservation bar at the top of the page for reservations. Select your dates of stay and the group code is already applied (if needed, the group code is 4/4/24 USAG Mens Gymnastics). Block room available for reservation up to March 14<sup>th</sup>.*

There are many other hotels in the area including:

#### [Fairfield Inn & Suites Des Moines Altoona](#)

460 Bass Pro Drive Northwest, Altoona, Iowa 50009

#### [Hyatt Place Altoona / Des Moines](#)

480 Bass Pro Drive NW, Altoona, Iowa 50009

#### [Des Moines Marriott Downtown](#)

700 Grand Avenue, Des Moines, Iowa, 50309

#### **Meet Host:**

Chow's Boys Gymnastics Booster Club  
2218 Chow's Olympic Ave  
West Des Moines, IA 50265

#### **Meet Director:**

Chad Hade

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