

2026 New York State

Men's Gymnastics Championships

March 13-15, 2026



Hosted by:

West Point Community Gymnastics

wpcgym.com nysmensgym.com

Coaches Information Packet

NYS Gyms,

I am excited to bring the NYS Men's Gymnastics Championships back to the United States Military Academy in West Point, NY for the first time in ten years. Many thanks to West Point Community Gymnastics for hosting this season's State Meet. Fine Designs will again be producing our championship apparel. NYS Men's Gymnastics will be hosting a social gathering for all coaches and judges on Saturday night. I look forward to seeing you in March!

*Karl Jaanimagi
NYS Men's Gymnastics Chairman
jaanik@alum.rpi.edu
585-730-0399*

2026 New York State Men's Gymnastics Championships
Hosted By West Point Community Gymnastics
Coaches Information Packet

Dates: Friday, Saturday & Sunday, March 13-15, 2026

Venue: Lou Gross Sports Center
Stoney Lonesome Rd.
West Point, NY 10996

Tentative Schedule:

The final schedule will be set by February 15th and posted on the NYS Men's Gymnastics website (www.nysmensgym.com) and emailed to participating gyms. There will tentatively be six sessions during the weekend. All sessions will utilize a Modified Capital Cup Format.

Friday, March 13th

Afternoon Session: Compulsory & Junior Club Levels
Evening Session: Compulsory Levels

Saturday, March 14th

Morning: NYS Boys Coaches Meeting
Afternoon Session: Optional & Junior Club Levels
Evening Session: Optional Levels
After Competition: Coaches & Judges Social sponsored by NYS Men's Gymnastics

Sunday, March 15th

Morning Session: Compulsory Levels
Afternoon Session: Compulsory Levels & Junior Elite Technical Sequences

Equipment:

Spieth Floor, AAI & Spieth PH, AAI Ring Tower, Spieth Vault Table, AAI & Spieth PB, Spieth HB, Ultradome Style Mushrooms. FIG spec matting to support a Modified Capital Cup competition.

Entry Information:

All gymnast and coach entries will be made through the USAG Meet Reservation System. Coaches who are not entered through the USAG Meet Reservation System will have to show their current USAG credentials at the meet. **Entries must be made by January 15th, 2026 on the USAG Meet Reservation System.** At that time, if you still have unregistered athletes and would like to try to get them in the meet, send an email to NYS Chairman Karl Jaanimagi (jaanik@alum.rpi.edu). Late entries will **ONLY** be admitted to the meet if there is room in the session. Scratches will be allowed until March 1st with a full refund, so if you are not sure about a gymnast, enter him. After March 1st there will be no refunds except for gymnasts who did not meet the qualifying criteria. **Level and Division changes will be allowed up until February 1st.** This is a USA Gymnastics rule.

Entry Fees:

Entry fees will be \$135 for all individuals (JC,JN,JE) and due by January 15th, 2026. Payments will need to be made with a check payable to **“West Point Community Gymnastics”** and mailed to **Attn: Doni Thompson, 1019 Worth Road, West Point, NY 10996.** Teams will be entered automatically. Teams will be free of charge. Team awards criteria will be determined by February 15th and emailed to all teams.

Graduating Seniors:

New York State will be recognizing all graduating seniors at the 2026 New York State Men’s Gymnastics Championships. Please email a list of all your graduating seniors with attached photos to NYS Chairman Karl Jaanimagi (jaanik@alum.rpi.edu) by January 15th, 2026.

Junior Elite Gymnasts:

Any JE gymnast registered on the USAG Meet Registration System will be automatically entered in the Junior Elite Technical Sequence Session along with the appropriate Optional Session. There is no additional entry fee for the Junior Elite Technical Sequence Session. There are no awards for Junior Elite Technical Sequences. Technical Sequence competition at the State Championships is required for all gymnasts that want to enter the JE division at Regionals. JE gymnasts will also need to meet the JE Technical Sequence Qualifying Score (AA = TBD) to advance to the JE division at Regionals.

Qualifying Criteria:

As per New York State Men’s Board Resolution 25.1

- All NYS gymnasts must compete on at least one apparatus in a minimum of **two (2) meets** on the official NYS Schedule to qualify to the 2026 NYS Men’s Gymnastics Championships.
- There are **NO QUALIFYING SCORES** to the 2026 NYS Men’s Gymnastics Championships.
- L8, L9, & L10 Gymnasts attending qualifying events (ETC, Winter Cup, etc.) outside of NYS can ask for an exception to the two (2) meet rule. The NYS Board will need to approve all exceptions.
- The 2026 NYS Men’s Gymnastics Championships petition deadline (petition emailed to NYS Chairman) for injury, illness, or other extenuating circumstances, is March 1st, 2026. The NYS Board will review all petitions.

Region VI Championships:

March 26th-29th
Fairleigh Dickinson University
Teaneck, NJ 07666

Entries for the Region VII Championships will need to be made on the USAG Meet Reservation System immediately following the State Meet. Payment and Regional entry details are forthcoming. Check the Region VI Website for more information: www.region6mensgymnastics.org

State Team Championships:

The Region VI State Team Championships will take place during the Region VI Championships on the weekend of March 26th-29th. The New York State Men's Gymnastics Championships will serve as the qualifying competition for the Region VI State Team Championships. The top five Level 4 gymnasts (all ages combined) and the top five Level 5 gymnasts (all ages combined) will represent New York State at the Region VI State Team Championships. Athletes ranked 6th – 8th in these combined age groups will be named as alternates. Entries, payment, and uniform sizing for the Region VI State Team Championships will need to be made at the State Meet. Gymnasts representing New York at the Region VI State Team Championships may only compete in that session at Regionals.

Host Hotel:

Holiday Inn Express and Suites
1106 Route 9W
Fort Montgomery, NY 10996
1-845-446-4277

Room Block Link:

NY Men's Championships

<https://www.ihg.com/redirect?path=rates&brandCode=EX&localeCode=en®ionCode=1&hotelCode=ftmny&checkInDate=12&checkInMonthYear=022026&checkOutDate=15&checkOutMonthYear=022026&PMID=99801505&GPC=NYC&cn=no&adjustMonth=false&showApp=true&monthIndex=00>

Other Local Area Hotels:

The Thayer
674 Thayer Rd
West Point, NY 10996
1-800-247-5047

Parking:

Lou Gross Sports Center - Lot (G)

Over Flow - Lot (AAA) across the street from the Lou Gross Sports Center.

Access To The United States Military Academy:

The Main (Thayer) Gate and Stoney Lonesome Gate will be open to our participants approximately one hour prior to open stretch for each session. Those arriving to campus outside of the designated gate times will be prompted to visit the Visitor Control Center to obtain a visitor's pass and go through a background check. Follow the link below for more information.

<https://home.army.mil/westpoint/index.php/about/visitor-information>

In the event of an unforeseen situation where West Point closes its gates to the public, we will notify all coaches and officials as soon as possible. If the gates close, all visitors 18 years and older will need to obtain a visitor pass at the Visitor Control Center.

Admission Costs (Daily Pass):

Persons 13+: \$20 each

Seniors 62+: \$10 each

Children 6-12: \$10 each

Children 5 & Under: FREE

State Meet Apparel:

Fine Designs will again be producing our New York State Men's Gymnastics Championships apparel. Due to the event being hosted on a military site, all apparel orders will need to take place online and items will be delivered to your home. (Link coming soon)

Contact:

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Doni Thompson
2026 State Meet Director
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