2025 USA Gymnastics REGION 1 CONGRESS

Information for Presenters

August 23-24 • Signia by Hilton San Jose • San Jose, California

Venue

Signia by Hilton San Jose
170 S. Market Street, San Jose, CA 95113
408-998-1900

Parking: Parking fees are subject to change without notice; $50.00 for valet parking per day for overnight guests. In and out privileges are offered. Non-Overnight valet parking is available at $20.00 for the first hour, and $2.00 for every additional hour. Non-Overnight parking will not exceed $50.00. Parking is based on availability.

General Schedule of Events

Congress Registration Hours:

- Friday, August 22: 5:30-8:30 p.m.
- Saturday, August 23: 7:00 a.m.-4:00 p.m.
- Sunday, August 24: 7:30 a.m.-4:00 p.m.

Congress Lecture Hours:

- Saturday: 8:15 a.m.-6:00 p.m. (Lunch: 11:45 a.m.- 1:15 p.m.)
- Sunday: 8:15 a.m.-4:45 p.m. (Lunch: 11:45 a.m.- 1:15 p.m.

Exhibit Hall Hours:

- Saturday: 8:00 a.m.-6:00 p.m
- Sunday: 8:00 a.m.-5:00 p.m

Presenter Meals

Meals will be provided for presenters at the following times:

Saturday, August 23

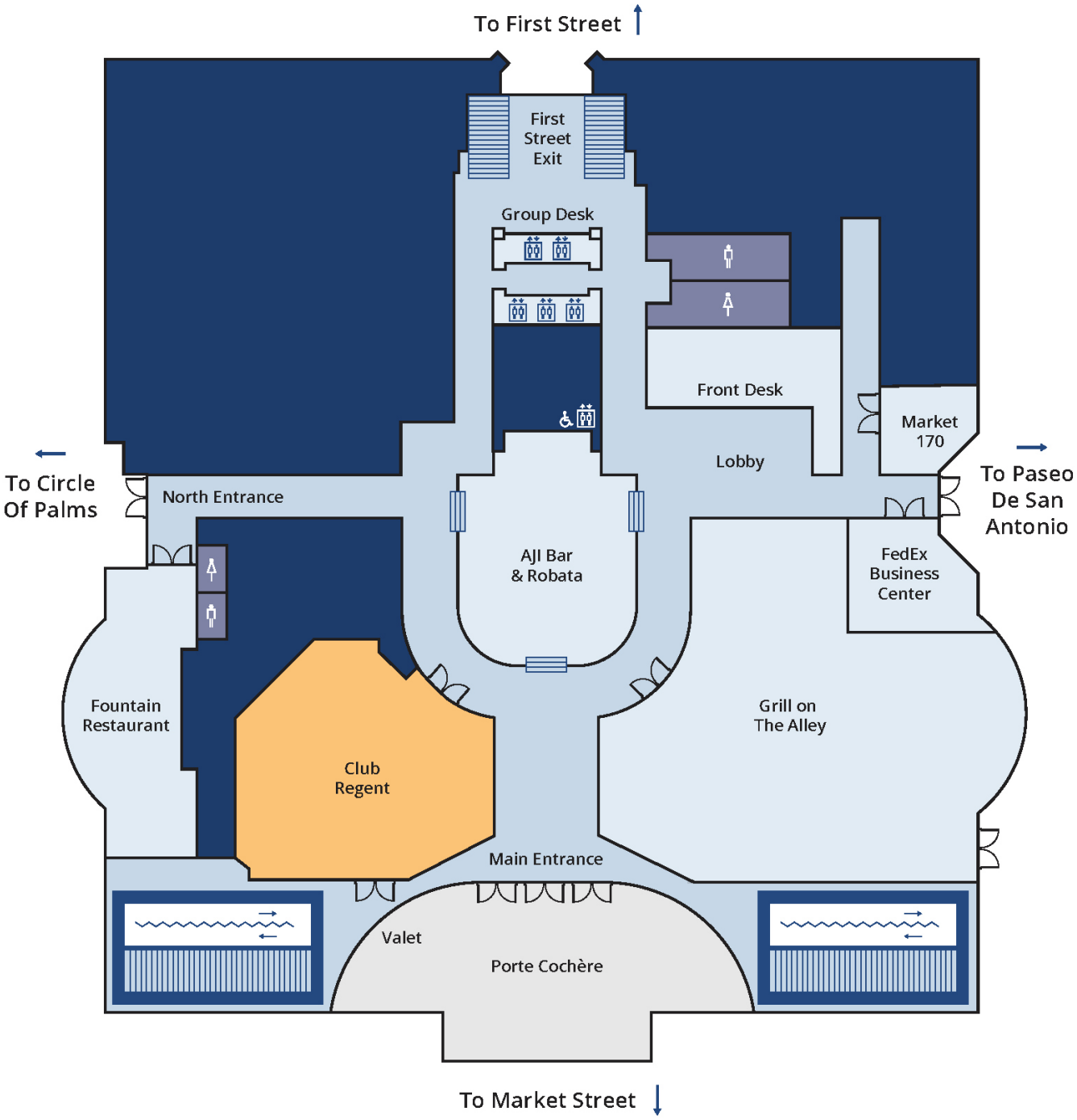
- Breakfast 7:30-9:00 a.m. Room: Garden
- Lunch 11:45-1:15 p.m. Room: Garden

Sunday, August 24

- Breakfast 7:30-9:00 a.m. Room: Garden
- Lunch 11:45-1:15 p.m. Room: California*

* Lunch on Sunday in conjunction with the Business Owners' Networking Luncheon

Signia by Hilton
SAN JOSE



Lobby Level

WiFi Network: **Hilton Honors Meeting**
Password: **USAG2025**

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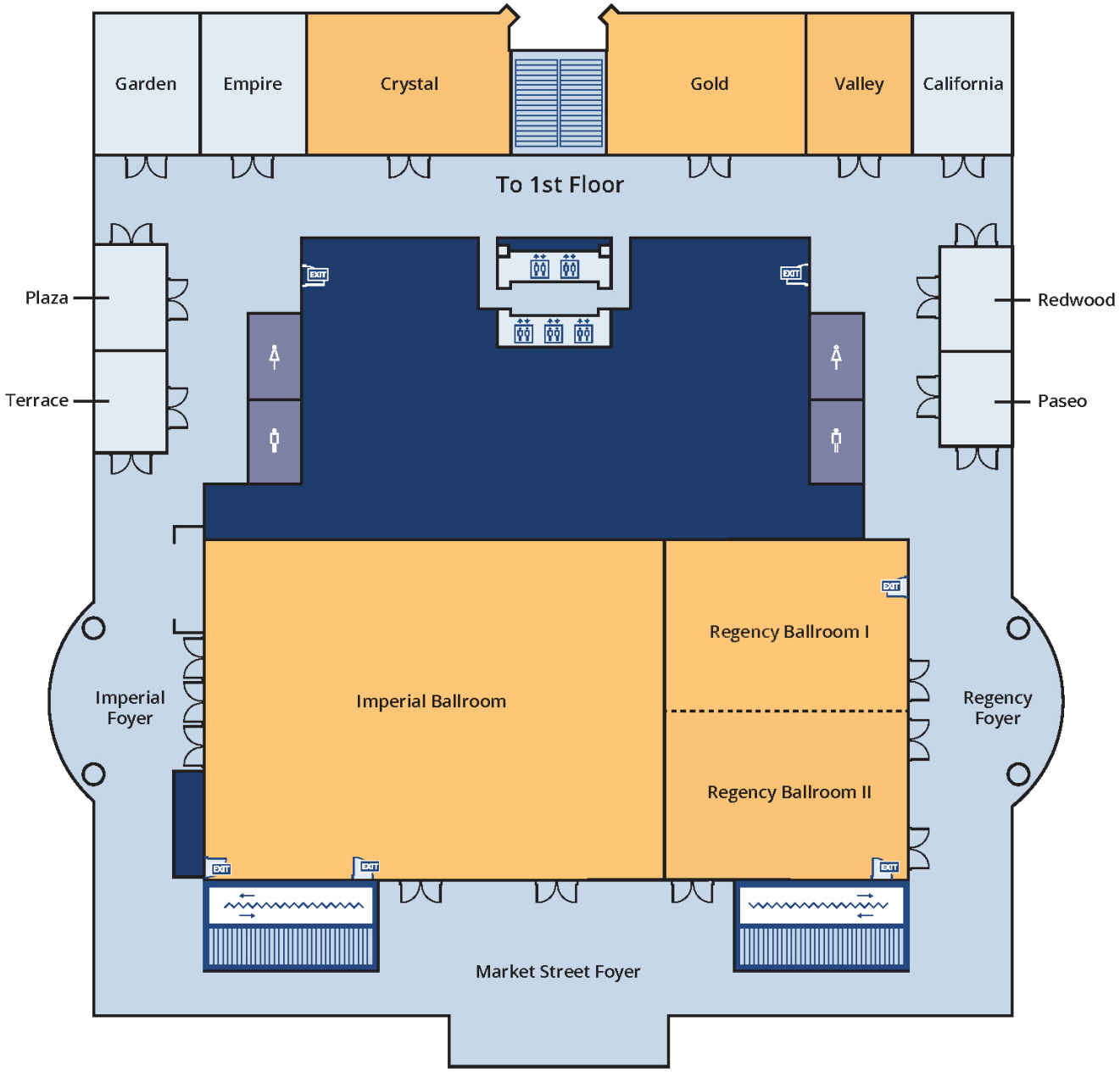
SAN JOSE



Event Level

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Room Setup and Available AV Equipment

Room	Setup	AV	WiFi
Club Regent (Lobby Level)	Riser, Podium, Presenter Table with 2 chairs	1 wireless Lavalier mic, Projector Package, 1 large screen, 1 wired podium mic	Yes
Crystal	Podium, 1st Row Classroom Presenter Table with 2 chairs	1 Projector Package, large screen, 1 wired podium mic, 1 wireless Lavalier mic	Yes
Gold	Riser, Podium, Presenter Table with 2 chairs	1 Projector Package, large screen, 1 wired podium mic, 1 wireless Lavalier mic	Yes
Valley	Podium	1 Projector Package, small screen, 1 wired podium mic	Yes
Regency I	Riser, Podium, Presenter Table with 2 chairs	2 Projector Package with 2 screens, 2 desk-top mics & sound	Yes
Regency II	Riser, Podium, Presenter Table with 2 chairs	1 wireless Lavalier mic, Projector Package, 1 large screen, 1 wired podium mic	Yes
Imperial Ballroom	Spieth Equipment TBD See below for full list	1 wireless Lavalier mic, 1 handheld wireless mic, Mp3 plug-in	Yes

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2025 USAG Regional Congress Equipment List Provided by Spieth

The following equipment will be available for presentations in the Live Hall (Imperial Ballroom)

6 Rolls of 6 x 42' carpet bonded foam
1 Tumble air track - 40ft' (from Tumbl Trak)
1 Free standing uneven bars and matting
1 Single Bar with Free Standing Kit (new system includes a full size single rail w/ portable kit)
2 Floor training rails/bars
1 16" low beam (to be put on carpet bonded foam)
4 Foam Balance Beam Training
2 Spring boards
1 Safety Mat for Yurchenko
1 Vault Trainer OR Level 3 Silver Vault training system
4 5 x 10' 8" skill cushions
2 5X 10 ft. 4-inch throw mats
2 Octagon barrels (25", 30", 35")
1 Medium OR 1 large handspring trainer
3 Spotting blocks (2 medium and 1 large)
6 Folding panel mats (6 x12')
2 Incline wedges (1 medium & 1 large folding)
1 Sting mat
2 Pit Pillows (1 small/ 1 large) (SIM MATS)

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Proud Partner

Local Dining Options

Coffee & Tea		
Bijan Bakery & Café	170 S Market Street #110	Adjacent to Signia Hotel
Starbucks	150 S 1st Street	0.2 miles / 4 minute walk
Nirvana Soul	315 S 1st Street	0.4 miles / 10 minute walk
Philz Coffee	118 Paseo de San Antonio	0.3 miles / 7 minute walk

Quick Restaurants		
San Jose Candy Kitchen	200 S 1st Street Suite 60	0.1 miles / 3 minute walk
Nick the Greek	143 W Santa Clara Street	0.3 miles / 6 minute walk
La Victoria Taqueria	140 E San Carlos Street	0.4 miles / 9 minute walk
City Bagels	52 W Santa Clara Street	0.3 miles / 6 minute walk
Egghead	80 S 1st Street	0.2 miles / 4 minute walk
Chipotle Mexican Grill	1 S Market Street	0.3 miles / 6 minute walk
Erik's Deli	1 S Market Street, Suite 20	0.3 miles / 6 minute walk
Pizza My Heart	117 E San Carlos Street	0.4 miles / 8 minute walk
Iguanas	330 S Third Street	0.4 miles / 9 minute walk

Quick Walk-Up Counters		
SoFA Market	387 S 1st St	0.6 miles / 13 minute walk
Pizza Way, The Salad Planet, Donde Carito Celis, Tacos Los 3 Hermanos, Umi Hand Roll, Vietnoms, Habana Cuba and Desi Express		
San Pedro Square Market	87 N San Pedro Street	1.1 miles / 24 minute walk
Anchors Fish & Chips + Seafood Grill, Crepas Fiu Fiu, Gameday, The Gelato Shop, Hella Good Burger, Jora Peruvian Food, Loteria Taco Bar, Master Shin Korean Plate, Mochinut, On A Roll, Pasta Fresca, Pizza Bocca Lupo, Phonomenal Noodle House, Suerteatery, Urban Momo, Urban Ritual, Voyager Craft Coffee		