2025 USA Gymnastics REGION 7 CONGRESS

Information for Presenters

July 18-20, 2025 ○ Hilton Baltimore Inner Harbor ○ Baltimore, Maryland

Venue

Hilton Baltimore Inner Harbor
401 W. Pratt St., Baltimore, MD 21201
410-578-7000

Parking: $36.00 per day; in/out privileges available; EV charging on-site; no valet service

General Schedule of Events

Congress Registration Hours:

- Thursday, July 17: 5:30-8:30 p.m.
- Friday, July 18: 7:15 a.m.-4:30 p.m.
- Saturday, July 19: 7:45 a.m.-4:30 p.m.
- Sunday, July 20: 8:00 a.m.-10:00a.m.

Congress Lecture Hours:

- Friday and Saturday: 8:30 a.m.-5:15 p.m. (Lunch: 12:15-1:45 p.m.)
- Sunday: 8:30- 12:00 p.m.

Exhibit Hall Hours:

- Friday and Saturday: 8:00 a.m.-5:00 p.m.
- Sunday: 8:00 a.m.-12:00 p.m.

Presenter Meals

Meals will be provided for presenters at the following times:

Friday, July 18

- Breakfast 7:30-9:00 a.m. Room: Poe
- Lunch 12:15-1:45 p.m. Room: Poe

Saturday, July 19

- Breakfast 7:30-9:00 a.m. Room: Poe
- Lunch 12:15-1:30 p.m. Room: Ruth*

Sunday, July 20

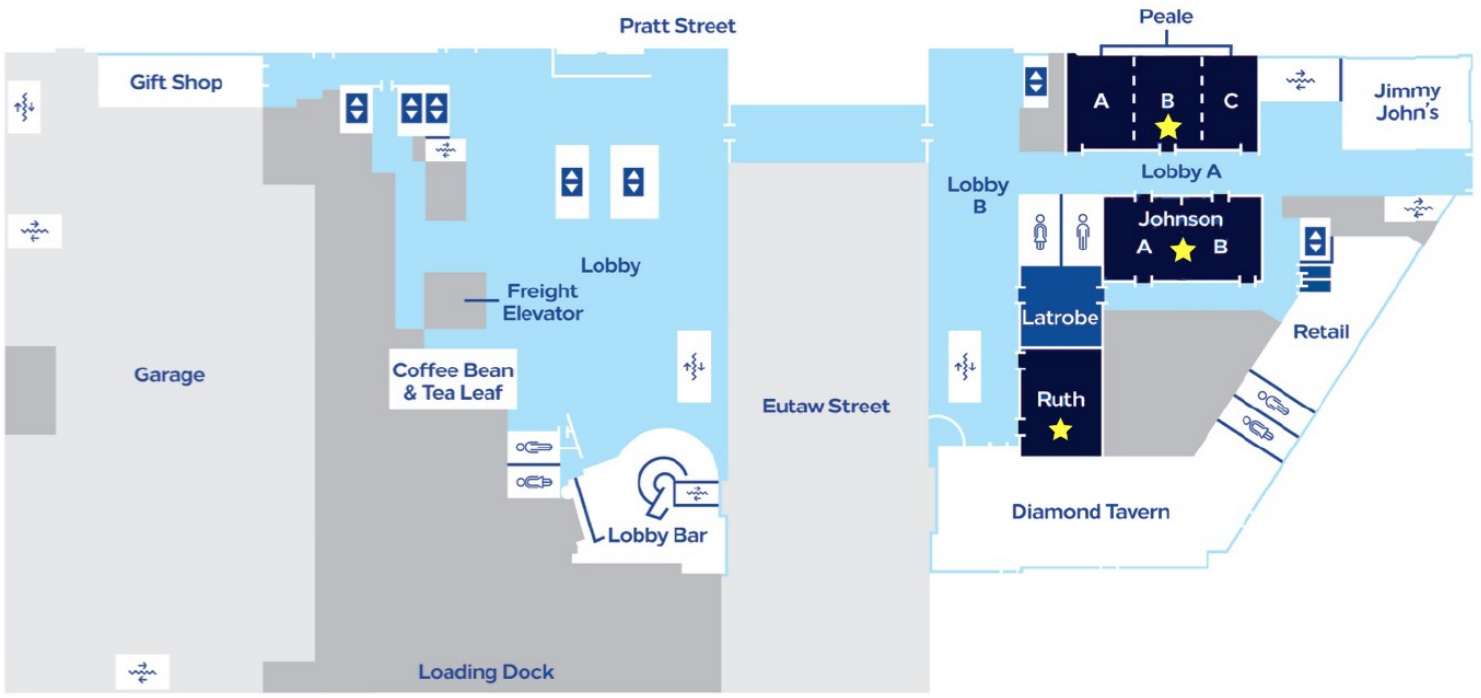
- Breakfast 7:30-9:00 a.m. Room: Poe

* Lunch on Saturday in conjunction with Business Owners Networking Luncheon

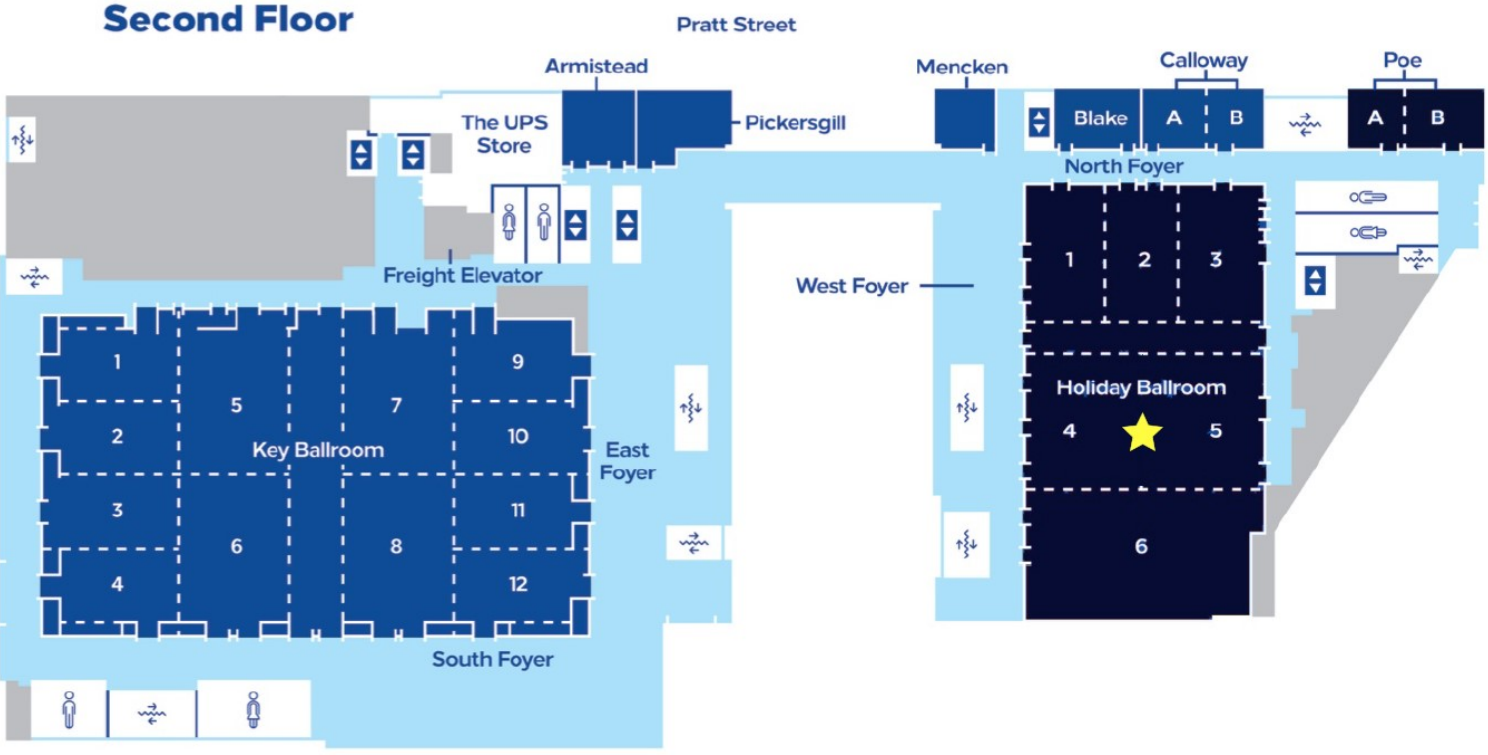
WiFi

Network: **Hilton Meeting**
Password: **CONGRESS2025**

First Floor



Second Floor



Room Setup and Available AV Equipment

Room	Setup	AV	WiFi
Peale ABC	Riser, Podium Table with 2 chairs	2 Projector Packages, 2 Screens 2 Desktop Mics, 1 Podium Mic Audio System	Yes
Johnson AB	Podium Table	Projector Package with Small Screen 1 Podium/Handheld Mic	Yes
Ruth	Riser, Podium Table with 2 chairs	Projector Package with Small Screen 1 wired Podium Mic	Yes
Holiday Ballroom 1-2	Riser, Podium Table with 2 chairs	Projector Package with Large Screen 1 Podium/Handheld Mic	Yes
Holiday Ballroom 3	Riser, Podium Table with 2 chairs	Projector Package with Large Screen 1 wired Mic, 1 Lavalier Mic	Yes
Holiday Ballroom 4-6	Spieth Equipment See below for full list	1 Wired Mic, 1 Lavalier Mic	Yes

2025 USAG Regional Congress Equipment List Provided by Spieth

The following equipment will be available for presentations in the Live Hall (Holiday Ballroom 4-6)

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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