



2017 INTERNATIONAL GYMNIX
March 10-12, 2017
Montreal, Quebec, Canada

Junior International Cup
Senior International Cup
Gymnix Challenge

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Montreal, November 14, 2016.

Dear friends from All around the World,

It is with great pleasure that we invite you to compete in the **2017 INTERNATIONAL GYMNIX**, which will be held **March 10-12, 2017** in Montreal, Canada. Give your gymnasts the opportunity to experiment a full podium setting and join our friends from around the globe to compete in our world-class friendly meet in women's artistic gymnastics.

This year, the International Gymnix will encompass the following competitions:

I. Competition rules and format

COMPETITION	JUNIOR INTERNATIONAL CUP
CATEGORY	WAG - Junior (born between 2002-2004)
INVITATION	National team members of the top 16 countries at the 2015 World Championships
# ATHLETES	Approx. 32 athletes (8 teams of 4 athletes)
COMPETITION FORMAT	DAY 1: Team competition (4/4/3), AA final, Qualifications for apparatus finals DAY 2: Apparatus finals
FIG CODE	Team and AA: FIG I Junior rules Apparatus finals: FIG III Junior rules
PARTICIPATION IN APPARATUS FINALS	8 athletes Top 8 athletes, max 2 per country (TBC by February 15th) Replacement according to FIG rules
TEAM AWARDS	Top 3 teams
INDIVIDUAL AWARDS	Top 3 All-Around Top 3 per apparatus No maximum per country for awards

COMPETITION	SENIOR INTERNATIONAL CUP
CATEGORY	WAG - Senior (Born in 2001 and older)
INVITATION	National team members of the top 16 countries at the 2015 World Championships
# ATHLETES	Approx. 32 athletes (8 teams of 4 athletes)
COMPETITION FORMAT	DAY 1: Team competition (4/4/3), AA final, Qualifications for apparatus finals DAY 2: Apparatus finals
FIG CODE	Team and AA: FIG I Senior rules Apparatus finals: FIG III Senior rules
PARTICIPATION IN APPARATUS FINALS	8 athletes Top 8 athletes, max 2 per country (TBC by February 15th) Replacement according to FIG rules
TEAM AWARDS	Top 3 teams
INDIVIDUAL AWARDS	Top 3 All-Around Top 3 per apparatus No maximum per country for awards

COMPETITION	GYMNIX CHALLENGE
CATEGORY	Born in 2004 and older
INVITATION	<ul style="list-style-type: none"> - National team members of any country representing their club or their country - Elite and High Performance athletes
# ATHLETES	Max of 32 athletes with priority given to best athletes (# of participants to be confirmed after registration deadline)
COMPETITION FORMAT	DAY 1: AA final & Qualifications for apparatus finals DAY 2: Apparatus finals
FIG CODE	AA: FIG I (two vaults for Vault qualification) Apparatus finals: FIG III
PARTICIPATION IN APPARATUS FINALS	Top 8 athletes
INDIVIDUAL AWARDS	Top 3 All-Around Top 3 per apparatus

In addition to the International Gymnix, a competition called Gymnix Classic (opened to all provincial and national streams athletes) will be held the same weekend. All the Gymnix Classic information is in this package too. The deadline for registration is also December 15th, 2016.

The International Gymnix will celebrate its 26th anniversary this year, and will welcome once again some of the world's best gymnasts. Our 26th edition will be colourful, entertaining and festive. We hope many of you will join us to celebrate the unique sport that is artistic gymnastics. The organizing committee is working hard to organize a quality event highlighting the true beauty and excitement of gymnastics. This edition will be the first major gymnastics event of 2017 in Montreal and will precede the 2017 World Championships.

We are looking forward to welcoming you to our beautiful city.

Best regards,

Anne-Maud Jan Viau
CEO
International Gymnix 2017
am.janviau@gymnix.ca



International Gymnix
1000 Avenue Émile-Journault, Montréal (QC), H2M 2E7
www.internationalgymnix.ca

2. Overall tentative schedule

<i>Friday, March 3, 2017 to Wednesday, March 8, 2017</i>
Delegation Arrivals
<i>Saturday, March 4, 2017 to Wednesday, March 8, 2017</i>
Trainings
<i>Wednesday, March 8, 2017</i>
Technical Meeting
<i>Thursday, March 9, 2017</i>
Podium Training (for all)
<i>Friday, March 10, 2017</i>
Senior International Cup – Competition Day I
Gymnix Challenge & Junior International Cup – Training
<i>Saturday, March 11, 2017</i>
Gymnix Challenge – Competition Day I
Junior International Cup – Competition Day I
Senior International Cup – Training
<i>Sunday, March 12, 2017</i>
Apparatus Finals – All (Day 2)
Closing Celebration Party
<i>Monday, March 13, 2017</i>
Cirque du Soleil visit + Special “Quebec” activity !
Delegations Departure



3. Competition and training venue

Competition venue: Claude-Robillard Sports Complex
 Inside track & field room (Omnisports)
 1000 Emile-Journault Avenue, Montreal (QC), H2M 2E7

Omnisports Room



Equipment: FIG approved competitive equipment from GYMNOVA.
Podium for all four apparatus

Training venue: Host club (Gymnix) facility and a separate warm-up gymnasium

Judges: Judges must have a current valid FIG brevet

Music: CD only for floor music (1 CD per athlete)
 MP3 music for each athlete

Medical Services: Physiotherapy services will be provided in the warm-up gym and the competition floor; for injuries and emergency taping.
 A doctor will be on call during the event.

4. Meals and Accommodation

CHALLENGE ATHLETES REPRESENTING THEIR CLUB

Participants are responsible of making their own hotel reservation. Many hotels are available at various prices. More information is provided on the event website at: www.internationalgymnix.ca/hotels.

Delegates in the Gymnix Challenge are also responsible of their own meals and local transportation. Numerous restaurants are located around the suggested hotels.

JUNIOR/SENIOR INTERNATIONAL CUP & CHALLENGE ATHLETES REPRESENTING THEIR COUNTRY

Delegates representing their country in the Challenge or in the Junior/Senior International Cup will be staying at the Best Western Ville-Marie Hotel. **Reservations must be made through the Organizing Committee (OC).**

COST

Hotel (single to quadruple occupancy): \$130/night/room (tx incl.)

130,00\$ / person (single room)

65,00\$ / person (double room)

43,00\$ / person (triple room)

32,50\$ / person (quadruple room)

Best Western Ville-Marie Hotel

3407 Peel Street

Montreal (QC), H3A 1W7

Meal plan: \$60 per person / day (tx incl.)

The Accommodation and Meals Form must be returned to the OC by February 1st at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.

The invited participating federations must pay for the accommodation and meals expenses of their delegation members unless stated differently in the country's nominal invitation.

The costs for the accommodations and meals must be paid to the LOC **by February 15th. No refund for any circumstances after that date.** Please contact the local OC for procedure details.

Local transportation and closing dinner will be provided by the OC for the accredited delegates in the Junior/Senior International Cup + Challenge delegates representing their country.

5. Transport

INTERNATIONAL TRANSPORTATION

The invited participating federations must pay for the travel costs of their delegation members unless stated differently in the country's nominal invitation.

The Travel Schedule Form must be returned to the OC by February 1st.

ELECTRONIC TRAVEL AUTHORIZATION	<p>NEW CANADIAN IMMIGRATION LAWS</p> <p>As of November 9th, 2016 all visa-exempt foreign nationals who fly to or transit through Canada will need an Electronic Travel Authorization (eTA). Exceptions include U.S. citizens and travelers with a valid Canadian visa. Canadian citizens, including dual citizens, and Canadian permanent residents do not need to apply for an eTA.</p> <p>To apply you must have a valid passport, a credit card and an email address. It costs \$7 CAD and only takes a few minutes to apply. Approved eTAs are valid for 5 years or until your passport expires, whichever comes first.</p> <p>Click here to find out if you need an eTA.</p> <p>Click here to apply for an eTA.</p>
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LOCAL TRANSPORTATION

Local transportation facilities will be provided by the local OC. The OC will pick up the delegations at the airport and a shuttle system will operate between the hotel and the sport hall.

Local transportation will be provided to/from hotel to the competition and training halls for all delegation members. Airport transportation will also be provided for the gymnasts, their respective coach and judges. The host will also provide both local and airport transportation at no additional cost to additional delegation members.

In agreement with the above paragraph, no extra transportation reimbursement will be made for local transportation.

VISA

Please verify immediately with your travel agent or the Canadian Embassy or Consulate in your country if a visa is required for your travel to Canada. The Organizing Committee will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before January 12th, 2017 to the LOC.

The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.

6. Registration

CHALLENGE ATHLETES REPRESENTING THEIR CLUB

Athletes representing their club are required to pay for registration fees (135\$ for athlete and \$60 for coach). Please contact the OC for more information regarding this topic.

JUNIOR/SENIOR INTERNATIONAL CUP + CHALLENGE ATHLETES REPRESENTING THEIR COUNTRY

Athletes representing their country are not required to pay registration fees. We may ask for an official letter from your Federation confirming that the athletes will be representing their National Federation / Country.

To register, please complete the Definitive and Nominative registration forms, and return by email to am.janviau@gymnix.ca by the following deadlines:

Definitive Registration – Annex 1	December 15th, 2016
Nominative Registration – Annex 2	February 1st, 2017

For February 1st, you will have to provide 3 forms for each of your athletes:

- [Authorization Request Image rights](#)
- [Gymnast picture](#)
- [MP3 File](#)

Also, you will be asked to provide this **form for each of your coaches**:

- [Coach picture](#)

7. Deadlines summary

Definitive Registration	December 15 th , 2016
Visa Request Form	January 12 th , 2017
Nominative Registration and Gymnast Profile	February 1 st , 2017
Accommodation and Meal Plan Form	February 1 st , 2017
Travel Schedule Form	February 1 st , 2017
Payment of the Accommodation Costs	February 15 th , 2017
Payment of the Meals	February 15 th , 2017

For more information, please contact the OC:

2017 INTERNATIONAL GYMNIX 1000 Emile-Journault Avenue Montreal (QC), H2M 2E7	Event website: www.internationalgymnix.ca Email: am.janviau@gymnix.ca
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ANNEX I DEFINITIVE REGISTRATION FORM

GENERAL INFORMATION	
COUNTRY/CLUB NAME	
MAILING ADDRESS	
PROVINCE/STATE	
COUNTRY	
ZIP CODE	
PHONE NUMBER	
EMAIL	

PLEASE INDICATE THE NUMBER OF PARTICIPANTS :

PARTICIPANT INFORMATION			
ROLE	SENIOR CUP	JUNIOR CUP	CHALLENGE
ATHLETES			
COACHES			
JUDGES			
SUPPORT STAFF			

**Please send the completed definitive registration form before December 15th, 2016
by email to: am.janviau@gymnix.ca**

ANNEX 2 NOMINATIVE REGISTRATION FORM

GENERAL INFORMATION			
COUNTRY/CLUB NAME			
MAILING ADDRESS			
PROVINCE/STATE		ZIP CODE	
COUNTRY			
PHONE NUMBER			
EMAIL			
COACHES REGISTRATION (Last name, first name)			
COACH #1			
COACH #2			
ADDITIONNAL COACHES			
JUDGE REGISTRATION (Last name, first name)			
JUDGE			
SUPPORT STAFF REGISTRATION (Last name, first name)			
FUNCTION			
NAME			

HEAD OF DELEGATION (Last name, first name)	
NAME	
PHONE NUMBER	
EMAIL	

JUNIOR CUP TEAM (Last name, first name)	SENIOR CUP TEAM (Last name, first name)

CHALLENGE GYMNIX PARTICIPANTS (Last name, first name)

**Please send the completed nominative registration form before February 1st, 2017
by email to: am.janviau@gymnix.ca**

ANNEX 3 GYMNAST PROFILE

ATHLETE INFORMATION					
LAST NAME		FIRST NAME			
COUNTRY		CLUB / CENTRE			
BIRTHDAY (dd/mm/yyyy)		HOMETOWN			
COACHES					
OFFICIAL WEBSITE / FACEBOOK / TWITTER / INSTAGRAM					
EVENT	WAG - Jr. International Cup		WAG - Sr. International Cup		WAG Gymnix Challenge

BEST INTERNATIONAL PERFORMANCES				
Date (dd/mm/yyyy)	Competition	City & Country	Results (rank)	Event (AA, VT, UB, BB, FX)

BEST NATIONAL PERFORMANCES				

RELEVANT MEDICAL INFORMATION (allergies, etc.)				

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EMERGENCY CONTACT			
NAME		RELATION WITH THE ATHLETE (MOTHER, FATHER, ETC.)	
TELEPHONE			

Please send the completed gymnast profile forms before February 1st, 2017
by email to: am.janviau@gymnix.ca

ANNEX 4 **ACCOMODATION AND MEAL PLAN FORM**

ACCOMODATION HOTEL LORD BERRI							
Single room (1 bed) 120,00 \$ Double room (2 beds) 60,00 \$ Triple room (2 beds) 40,00 \$ (2 person sharing a bed) Quadruple room (2 beds) 30,00 \$ (2 person sharing per bed)							
MEAL PLAN / PERSON / DAY: 60,00\$							
Please, write a "X" in the "occupation" case for each room							
Please, write "YES" or "NO" in the "meal plan" case for each person							
ROOM	NAME	OCCUPATION				MEAL PLAN	COMMENTS
		SINGLE	DOUBLE	TRIPLE	QUADRUPLE		
ROOM 1							
ROOM 2							
ROOM 3							
ROOM 4							
ROOM 5							
ROOM 6							
ROOM 7							
ROOM 8							
TOTAL							

Please send the completed accommodation and meal plan form before February 1st, 2017
by email to: am.janviau@gymnix.ca

ANNEX 5 TRAVEL SCHEDULE FORM

TRAVEL SCHEDULE FORM						
NAME	FUNCTION (coach, judge, gymnast, etc.)	CATEGORY	ARRIVAL DATE AND TIME	FLIGHT NUMBER	DEPARTURE DATE AND TIME	FLIGHT NUMBER
EX: MUSTAFINA Aliya	Gymnast	Junior Cup	March 1, 3.30 PM	AC 171	March 7, 9 AM	AC 435

**Please send the completed travel schedule form before February 1st, 2017
by email to: am.janvieu@gymnix.ca**

ANNEX 6 VISA REQUEST FORM

VISA REQUEST FORM								
LAST NAME, First name	FUNCTION	GENDER M/F	DATE OF BIRTH dd.mm.yyyy	Citizenship and passport N°	Passport expiry date	Arrival date	Departure date	City*

** city where the visa application support letter must be sent to*

Please send the completed form before January 12, 2017
by email to: am.janviau@gymnix.ca



THANK YOU