



2015 L'INTERNATIONAL GYMNIX

March 5-8, 2015

Montreal, Quebec, Canada

JUNIOR INTERNATIONAL CUP

GYMNIX CHALLENGE

Montreal, October 9th, 2014.

Dear friends from Canada,

It is with great pleasure that we invite you to compete in the **2015 L'INTERNATIONAL GYMNIX**, which will be held **March 5-8, 2015** 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, L'International Gymnix will encompass the following competitions:

2015 L'INTERNATIONAL GYMNIX	Junior International Cup	<ul style="list-style-type: none"> ▪ Open to national team members of the top 16 countries at the 2014 World Championships ▪ Team competition & All-Around (day 1) and Apparatus finals (day 2) ▪ Junior FIG rules will apply (Day 1: FIG I Junior rules, Day 2: FIG III Junior rules) ▪ 8 teams of 4 athletes 	(Selections will be made by Gymnastics Canada for Canadian representatives)
	Challenge Gymnix	<ul style="list-style-type: none"> ▪ Open to national team members of any country representing their club or their country ▪ Open to Elite and High Performance gymnasts representing their club ▪ An athlete may not compete in both the Challenge and one of the cup ▪ All-Around (day 1) and Apparatus finals (day 2) ▪ Day 1 : FIG I (two vaults for Vault qualification). Day 2 : FIG III ▪ Max of 32 athletes with priority given to best athletes 	<p>For Canadian athletes, priority will be given to :</p> <p>1. National Team Members 2. Results Canadian Championships</p> <p>* top 12 AA HP SR – Day 2 at Nationals 2014 * top 9 AA HP JR – Day 2 at Nationals 2014 * top 8 AA HP Novice – Day 2 at Nationals 2014 (age eligible – 2002 and 2001)</p> <p>3. Special Invitations</p>

If you want to secure a spot for your athletes in the GYMnix CHALLENGE, you have to register them on AMILIA and to send the Annex 1 to classique@gymnix.ca, attention to: Anne-Maud Jan Viau.

If your gymnast respects at least one of the conditions, you have to follow the instructions to complete the online registration. Take note that only online registration will confirm your athlete's registration in the GYMnix CHALLENGE, and this must be done before **December 10th, 2014**. You will find attached the technical package for the Gymnix Challenge.

In addition to L'International Gymnix, a competition called **Classic Gymnix** (opened to all provincial and national streams athletes) will be held the same weekend. All the Classic Gymnix information is in this package too. The deadline for registration is **also December 10th, 2014**.

L'International Gymnix will celebrate its 24th anniversary this year, and will welcome once again some of the world's best gymnasts.

We hope many of you will join us to celebrate the unique sport that is artistic gymnastics. Rest assured that the organizing committee is working hard to organize a quality event highlighting the true beauty and excitement of gymnastics.

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

Best regards,

Katerine Dussault
Technical Director
L'International Gymnix 2015
kdussault@gymnix.ca



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1. Competition rules and format

<i>COMPETITION</i>	JUNIOR INTERNATIONAL CUP
<i>CATEGORY</i>	WAG - Junior (born between 2000-2002)
<i>INVITATION</i>	National team members of the top 16 countries at the 2014 World Championships
<i># ATHLETES</i>	Approx. 32 athletes (8 teams of 4 athletes)
<i>COMPETITION FORMAT</i>	DAY 1: Team competition (4/4/3), AA final, Qualifications for apparatus finals DAY 2: Apparatus finals
<i>FIG CODE</i>	Team and AA: FIG I Junior rules Apparatus finals: FIG III Junior rules
<i>PARTICIPATION IN APPARATUS FINALS</i>	8 athletes Top 8 athletes, max 2 per country (TBC by February 15th)
<i>TEAM AWARDS</i>	Top 3 teams
<i>INDIVIDUAL AWARDS</i>	Top 3 All-Around Top 3 per apparatus No maximum per country for awards

<i>COMPETITION</i>	GYMNIX CHALLENGE
<i>CATEGORY</i>	Born in 2002 and older
<i>INVITATION</i>	<ul style="list-style-type: none"> - National team members of any country representing their club or their country - Elite and High Performance athletes
<i># ATHLETES</i>	Max of 32 athletes with priority given to best athletes (# of participants to be confirmed after registration deadline)
<i>COMPETITION FORMAT</i>	DAY 1: AA final & Qualifications for apparatus finals DAY 2: Apparatus finals
<i>FIG CODE</i>	AA: FIG I (two vaults for Vault qualification) Apparatus finals: FIG III
<i>PARTICIPATION IN APPARATUS FINALS</i>	8 to 12 athletes (# and participation criteria to be determined by February 15th)
<i>INDIVIDUAL AWARDS</i>	Top 3 All-Around Top 3 per apparatus

2. Overall tentative schedule

<i>Wednesday, March 4, 2015</i>
Technical Meeting
<i>Thursday, March 5, 2015</i>
Podium Training (for all)
<i>Friday, March 6, 2015</i>
Junior International Cup – Training
Gymnix Challenge – Competition Day 1
<i>Saturday, March 7, 2015</i>
Junior International Cup – Competition Day 1
Gymnix Challenge – Training
<i>Sunday, March 8, 2015</i>
Apparatus Finals – All (Day 2)
<i>Monday, March 9, 2015</i>
Departure

3. Meals and Accommodation

Participants are responsible of making their own hotel reservation. Four hotels are available at various prices.

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



You will find below the list of official hotels. Participants are responsible of making their own reservation:

	Sheraton Laval	Lord Berri	Holiday Inn Laval Montréal	Marriott Courtyard Montreal Airport
Address	2440 Autoroute des Laurentides Laval (Quebec), H7T 1X5	1199 Berri Montreal (Quebec), H2L 4C6	2900 boul. le Carrefour Laval (Québec), H7T 2K9	7000 place Robert Joncas Montréal (Québec), H4M 2Z5
Prices	\$132 + taxes*	129\$ + taxes *Additional fee for parking* (but Berri-UQAM subway station is only a few steps away)	125\$ + taxes*	112\$ + taxes*
Reservation	1-800-667-2440 (toll-free) 450-687-2440 Code: International Gymnix 2015	1-888-363-0363 (toll-free) 514-845-9236 Code: International Gymnix	1-888-333-3140 (toll-free) Fax : (450) 687-6616 Code : International Gymnix 2015	1-888-339-5339 (toll-free) Fax : (514) 339-5606 Code : Gymnix International
Deadline	February 8th, 2015	February 5th, 2015	February 5th, 2015	February 5th, 2015
Website**	www.sheraton-laval.com	www.lordberri.com	www.hilaval.com	www.mmtla.ca

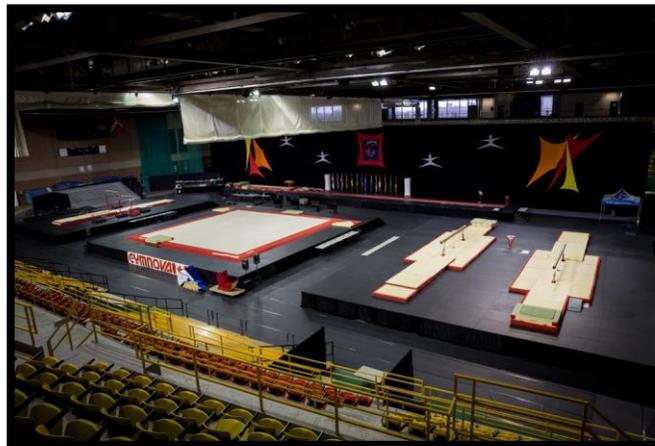
* Please note that federal tax (5%), provincial tax (9.5%), and the tax on lodging of 3% (Laval) or 3.5% (Montreal) apply per room per night on all services.

** Preferential rates negotiated for our group are not available when making your reservation online through the hotel's website.
You must call to make your reservation*

4. Competition and training venue

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

Omnisports Room



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

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

Judges: Judges must have a current valid FIG brevet

Music: CD only for floor music (1 CD per 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.

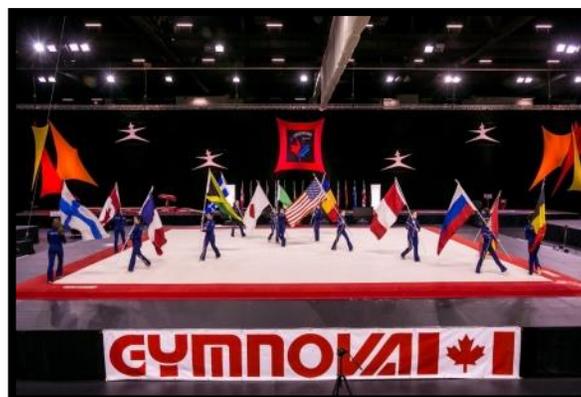
5. Registration & Contact information

To register, you have to follow the CLASSIC GYMNIX instructions for registration and please complete the form (Annex 1 - Athlete information) attached, and send it by email to classique@gymnix.ca, **before December 10th, 2014**

<p>December 10, 2014</p>	<ul style="list-style-type: none"> ▪ Registration deadline for the 2015 L'International Gymnix <i>(After this date, only modifications to existing registrations will be allowed*)</i> ▪ Deadline for non-medical withdrawals WITH REFUND* <i>(After this date, no refund will be provided for withdrawal without a medical certificate).</i> ▪ Deadline for medical withdrawals (medical certificate required) WITH FULL REFUND <i>(After this date, refund for medical withdrawal will still be accepted. However, a \$10 administrative fee will be charged).</i>
<p>January 10, 2015</p>	<ul style="list-style-type: none"> ▪ Deadline for any modification to an existing registration*
<p>February 10, 2015</p>	<ul style="list-style-type: none"> ▪ Deadline for medical withdrawals (medical certificate required) WITH REFUND* <i>(After this date, no refund will be provided for withdrawals)</i>

For more information, please contact the OC:

<p>2015 L'INTERNATIONAL GYMNIX 1000 Emile-Journault Avenue Montreal (QC), H2M 2E7</p>	<p>Event website: www.internationalgymnix.ca Email: classique@gymnix.ca Fax: 1-514-872-1590</p>
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L'International Gymnix
1000 Avenue Émile-Journault, Montréal (QC), H2M 2E7
www.internationalgymnix.ca

ANNEX 1 GYMNAST PROFILE

ATHLETE INFORMATION				
PHOTO	<i>LAST NAME</i>		<i>FIRST NAME</i>	
	<i>COUNTRY</i>		<i>CLUB / CENTRE</i>	
	<i>EVENT</i>	<i>WAG - Jr. International Cup</i>	<i>WAG Gymnix Challenge</i>	
	<i>BIRTHDAY (dd/mm/yyyy)</i>		<i>HOMETOWN</i>	
	<i>COACHES</i>			
	<i>OFFICIAL WEBSITE / FACEBOOK PAGE</i>			

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

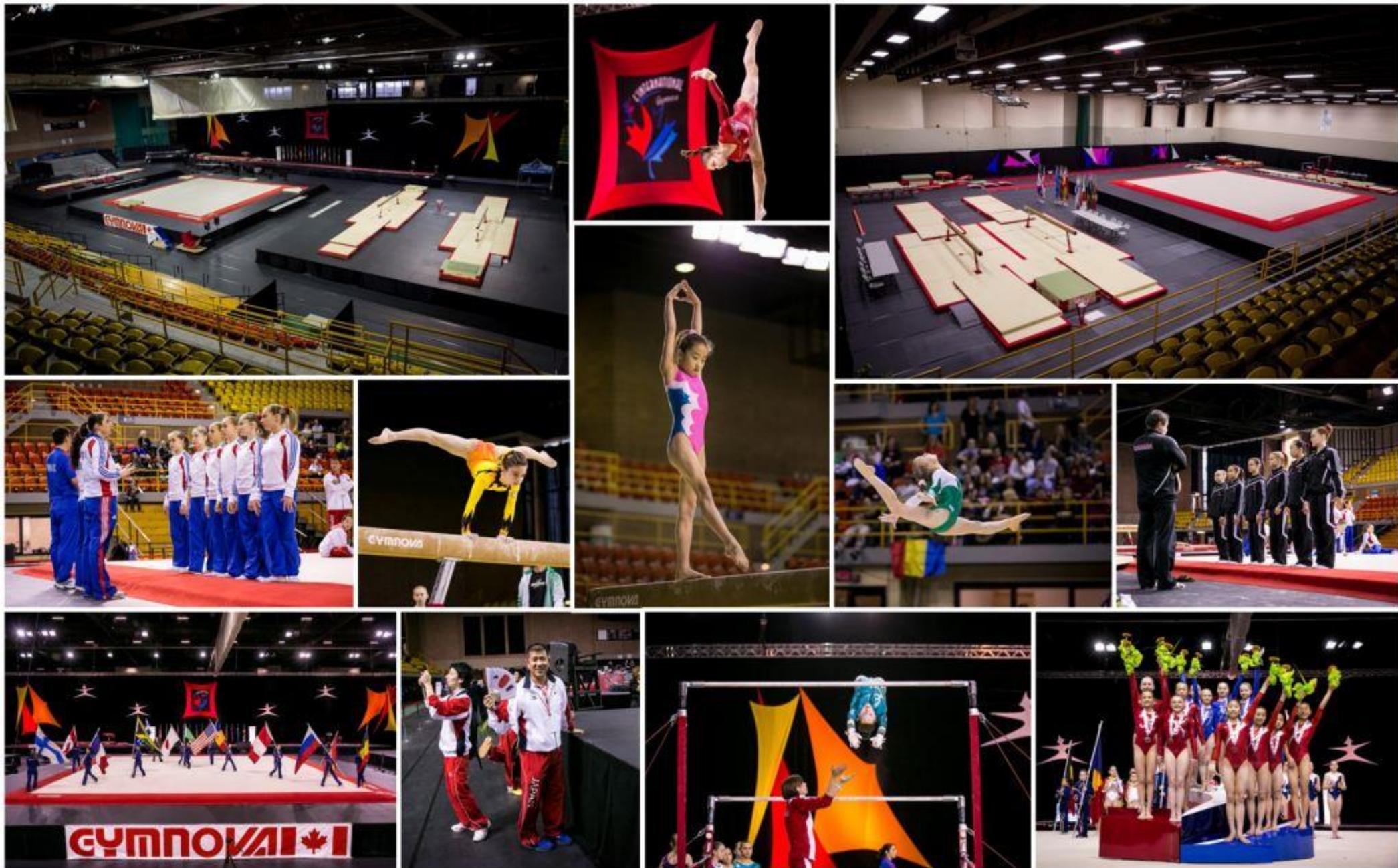
BEST NATIONAL PERFORMANCES				
<i>Date (dd/mm/yyyy)</i>	<i>Competition</i>	<i>City & Country</i>	<i>Results</i>	<i>Event (AA, VT, UB, BB, FX)</i>

RELEVANT MEDICAL INFORMATION (allergies, etc.)				

EMERGENCY CONTACT			
<i>NAME</i>		<i>RELATION WITH THE ATHLETE (MOTHER, FATHER, ETC.)</i>	
<i>TELEPHONE</i>			

Please send the completed registration form before December 10th, 2014
by email to: classique@gymnix.ca

L'International Gymnix
1000 Avenue Émile-Journault, Montréal (QC), H2M 2E7
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THANK YOU !

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