



## **2015 L'INTERNATIONAL GYMNIX**

**March 5-8, 2015**  
**Montreal, Quebec, Canada**

*JUNIOR INTERNATIONAL CUP*

*GYMNIX CHALLENGE*

L'International Gymnix  
1000 Avenue Émile-Journault, Montréal (QC), H2M 2E7  
[www.internationalgymnix.ca](http://www.internationalgymnix.ca)

## Table of contents

<b>1. Competition rules and format</b>	<b>3</b>
<b>2. Overall tentative schedule</b>	<b>5</b>
<b>4. Meals and Accommodation</b>	<b>7</b>
CHALLENGE ATHLETES REPRESENTING THEIR CLUB	7
JUNIOR INTERNATIONAL CUP + CHALLENGE ATHLETES REPRESENTING THEIR COUNTRY	7
<b>5. Transport</b>	<b>8</b>
INTERNATIONAL TRANSPORTATION	8
LOCAL TRANSPORTATION	8
<b>6. Registration &amp; Contact information</b>	<b>8</b>
CHALLENGE ATHLETES REPRESENTING THEIR CLUB	8
JUNIOR INTERNATIONAL CUP + CHALLENGE ATHLETES REPRESENTING THEIR COUNTRY	8
VISA	9
<b>7. Deadlines summary</b>	<b>9</b>
<b>ANNEX 1 DEFINITIVE REGISTRATION FORM</b>	<b>10</b>
<b>ANNEX 2 NOMINATIVE REGISTRATION FORM</b>	<b>11</b>
<b>ANNEX 3 GYMNAST PROFILE</b>	<b>12</b>
<b>ANNEX 4 ACCOMODATION AND MEAL PLAN FORM</b>	<b>13</b>
<b>ANNEX 5 TRAVEL SCHEDULE FORM</b>	<b>14</b>
<b>ANNEX 6 VISA REQUEST FORM</b>	<b>15</b>

Montreal, October 16<sup>th</sup>, 2014.

Dear friends from All around the World,

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:

## 1. Competition rules and format

COMPETITION	JUNIOR INTERNATIONAL CUP
CATEGORY	WAG - Junior (born between 2000-2002)
INVITATION	National team members of the top 24 countries at the 2014 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)
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 2002 and older
INVITATION	<ul style="list-style-type: none"> <li>- National team members of any country representing their club or their country</li> <li>- Elite and High Performance athletes</li> </ul>
# 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	8 to 12 athletes (# and participation criteria to be determined by February 15th)
INDIVIDUAL AWARDS	Top 3 All-Around Top 3 per apparatus

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 10<sup>th</sup>, 2014**.

L'International Gymnix will celebrate its 24<sup>th</sup> 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](mailto:kdussault@gymnix.ca)



## 2. Overall tentative schedule

<i>Friday, February 27, 2015 to Wednesday, March 4, 2015</i>
<b>Delegation Arrivals</b>
<i>Saturday, February 28, 2015 to Wednesday, March 4, 2015</i>
<b>Trainings</b>
<i>Wednesday, March 4, 2015</i>
<b>Technical Meeting</b>
<i>Thursday, March 5, 2015</i>
<b>Podium Training (for all)</b>
<i>Friday, March 6, 2015</i>
<b>Junior International Cup – Training</b>
<b>Gymnix Challenge – Competition Day 1</b>
<i>Saturday, March 7, 2015</i>
<b>Junior International Cup – Competition Day 1</b>
<b>Gymnix Challenge – Training</b>
<i>Sunday, March 8, 2015</i>
<b>Apparatus Finals – All (Day 2)</b>
<b>Closing Celebration Party</b>
<i>Monday, March 9, 2015</i>
<b>Cirque du Soleil visit + Special “Quebec” activity !</b>
<b>Delegations Departure</b>



L'International Gymnix  
 1000 Avenue Émile-Journault, Montréal (QC), H2M 2E7  
[www.internationalgymnix.ca](http://www.internationalgymnix.ca)

### 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)

*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. Four hotels are available at various prices. More information is provided on the event website at: [www.internationalgymnix.ca/hotels](http://www.internationalgymnix.ca/hotels) or in the Gymnix Classic registration package.

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

### **JUNIOR 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 Lord Berri Hotel. **Reservations must be made through the Organizing Committee (OC).**

#### COST

Hotel (single to quadruple occupancy): \$120/night/room (tx incl.)  
 120,00\$ / person (single room)  
 60,00\$ / person (double room)  
 40,00\$ / person (triple room)  
 30,00\$ / person (quadruple room)

<p><b>Lord Berri Hotel</b>          1199 Berri Street          Montreal (QC), H2L 4C6</p>
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**Meal plan: \$58 per person / day (tx incl.)**

The Accommodation and Meals Form must be returned to the OC by February 1<sup>st</sup> 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 March 1<sup>st</sup>. 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 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 1<sup>st</sup>.

### **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.

## 6. Registration & Contact information

### **CHALLENGE ATHLETES REPRESENTING THEIR CLUB**

Athletes representing their club are required to pay for registration fees.

Please contact the OC for more information regarding this topic.

### **JUNIOR INTERNATIONAL CUP + CHALLENGE ATHLETES REPRESENTING THEIR COUNTRY**

Athletes representing their country are not required to pay registration fees.

**To register**, please complete the Definitive and Nominative registration forms, and return by email to [classique@gymnix.ca](mailto:classique@gymnix.ca) by the following deadlines:

<b>Definitive Registration – Annex 1</b>	<b>December 10<sup>th</sup>, 2014</b>
<b>Nominative Registration – Annex 2</b>	<b>February 1<sup>st</sup>, 2015</b>



## **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 10<sup>th</sup>, 2015 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.

## **7. Deadlines summary**

Definitive Registration	December 10 <sup>th</sup> , 2014
Visa Request Form	January 10 <sup>th</sup> , 2015
Nominative Registration and Gymnast Profile	February 1 <sup>st</sup> , 2015
Accommodation and Meal Plan Form	February 1 <sup>st</sup> , 2015
Travel Schedule Form	February 1 <sup>st</sup> , 2015
Payment of the Accommodation Costs	March 1 <sup>st</sup> , 2015
Payment of the Meals	March 1 <sup>st</sup> , 2015

**For more information, please contact the OC:**

2015 L'INTERNATIONAL GYMNIX 1000 Emile-Journault Avenue Montreal (QC), H2M 2E7	Event website: <a href="http://www.internationalgymnix.ca">www.internationalgymnix.ca</a> Email: <a href="mailto:classique@gymnix.ca">classique@gymnix.ca</a> Fax: 1-514-872-1590
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## ANNEX 1

### DEFINITIVE REGISTRATION FORM

GENERAL INFORMATION	
<i>COUNTRY/CLUB NAME</i>	
<i>MAILING ADDRESS</i>	
<i>PROVINCE/STATE</i>	
<i>COUNTRY</i>	
<i>ZIP CODE</i>	
<i>PHONE NUMBER</i>	
<i>FAX</i>	
<i>EMAIL</i>	

**PLEASE INDICATE THE NUMBER OF PARTICIPANTS :**

PARTICIPANT INFORMATION		
ROLE	JUNIOR CUP	CHALLENGE
<i>ATHLETES</i>		
<i>COACHES</i>		
<i>JUDGES</i>		
<i>SUPPORT STAFF</i>		

**Please send the completed definitive registration form before December 10<sup>th</sup>, 2014  
by email to: [classique@gymnix.ca](mailto:classique@gymnix.ca)**

## ANNEX 2

### NOMINATIVE REGISTRATION FORM

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

  

HEAD OF DELEGATION (Last name, first name)	
<i>NAME</i>	
<i>PHONE NUMBER</i>	
<i>EMAIL</i>	

**Please send the completed definitive registration form before February 1<sup>st</sup>, 2015  
by email to: [classique@gymnix.ca](mailto:classique@gymnix.ca)**

## ANNEX 3

### GYMNAST PROFILE

ATHLETE INFORMATION					
<b>PHOTO</b>	<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 &amp; Country</i>	<i>Results</i>	<i>Event (AA, VT, UB, BB, FX)</i>

BEST NATIONAL PERFORMANCES				

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 February 1<sup>st</sup>, 2015  
by email to: [classique@gymnix.ca](mailto:classique@gymnix.ca)

## ANNEX 4

### ACCOMODATION AND MEAL PLAN FORM

ACCOMODATION HOTEL LORD BERRI							
Single room (1 bed) 115,00 \$ Double room (2 beds) 57,50 \$ Triple room (2 beds) 38,33 \$ (2 person sharing a bed) Quadruple room (2 beds) 28,75 \$ (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 registration form before February 1<sup>st</sup>, 2015  
 by email to: [classique@gymnix.ca](mailto:classique@gymnix.ca)

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