

# **GENERAL INFORMATION**

# **ACCREDITATION**

Accreditation will be distributed at the accreditation booth next to the elevator in front of the information desk on the ground floor at the Complexe sportif Claude Robillard.

The accreditations will be distributed to clubs and not to individuals. Coaches will be responsible to distribute the accreditations to members of their club. The coach who will pick up the accreditations must return the signed forms of images and videos release form.

All accredited gymnasts and coaches of the 2018 Gymnix Classic will have access to all other sessions including the 2018 International Gymnix competitions, on presentation of their accreditation card.

#### **RESULTS**

The results will be live on SportzSoft. We will also post the results next to the ticket office on the  $2^{nd}$  floor.

### WEB version

http://www.sportzsoft.com/meet/meetWeb.dll/MeetResults?MeetId=0314AB4FB72B2BEBF109C5DD33902D37

#### Mobile version:

http://www.sportzsoft.com/LiveMeet/LiveMeet.dll/Start?Id=0314AB4FB72B2BEBF109C 5DD33902D37

#### **PERSONAL EFFECTS**

### Lock

Athletes and coaches need to use a lock so that personal effects are kept safe in the locker room on the 1<sup>st</sup> floor.

## **Shoes**

Gymnasts and coaches must wear sandals or running shoes to walk from the warm-up gym to the competition floor.



#### **GIFTS**

#### Coaches

All accredited coaches can present themselves at the IG official boutique in the *Gymnastics Tradeshow*, with their accreditation, to receive their t-shirt.

### **Gymnasts**

All accredited gymnasts will receive their gifts at the award ceremonies. NEW: The official leotard of the 2018 International Gymnix will be awarded to the winner of each session.

#### **MUSIC**

All the classic athletes' music should be dowloaded on SportzSoft. We ask that you bring with you a CD or a USB of the music as a backup.

#### **FOOD**

#### Coaches

- Food will be provided for all accredited coaches while they are on the competition floor. A catering area will be dispose during meal time on the competition floor (coaches' room). No food outside the coaches' room.
- Coaches who are not in competition with their athletes during meal times can eat on the 2<sup>nd</sup> floor of the Complex. Several food kiosks will be at your disposal, such as Nutrition Fitplus, La Conca D'Oro and Les petits délices du Québec.
- Please take note that only volunteers and judges are allowed in the cafeteria at the 3<sup>rd</sup> floor.
- We ask gymnasts to bring their own water bottles. Thank you for helping us in becoming an eco-friendly event.

#### **Gymnasts**

- Water and oranges will be provided to the gymnasts on the competition floor.
- We ask gymnasts to bring their own water bottles. Thank you for helping us in becoming an eco-friendly event.
- Several food options will be at your disposal this year!



## **THERAPY**

Physiotherapy services will be provided in the warm-up gym and the competition floor; for injuries and emergency taping. Please bring your own tape for pre-competition taping. NEW: A sport massage booth will be available to athletes on the second floor Friday March 9<sup>th</sup> from 12pm to 6pm and Saturday March 10<sup>th</sup> from 12pm to 6pm.

### **PARKING**

Parking is available on Emile-Journault Avenue or in the parking lots located behing Claude-Robillard Sports Complex, and identified as P1, P2, P3. From Thursday to Sunday, there will not be any restriction time in the parking lots.



HAVE A GREAT WEEK-END!

