



International Gymnix

March 8-10, 2019

Montreal, Quebec, Canada

Junior International Cup

Senior International Cup

Gymnix Challenge

Montreal, October 2nd, 2018

Dear friends from all around the World,

It is with great pleasure that we invite you to compete in the **2019 INTERNATIONAL GYMnix**, which will be held **March 8-10, 2019** 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:

JUNIOR INTERNATIONAL CUP – TEAM COMPETITION
SENIOR INTERNATIONAL CUP – INDIVIDUAL COMPETITION
GYMnix CHALLENGE – INDIVIDUAL COMPETITION

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 1st, 2018.

The International Gymnix will celebrate its 28th anniversary this year and will welcome once again some of the world's best gymnasts. Our 28th edition will be colourful, entertaining and festive. 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 the sport.

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

Best regards,

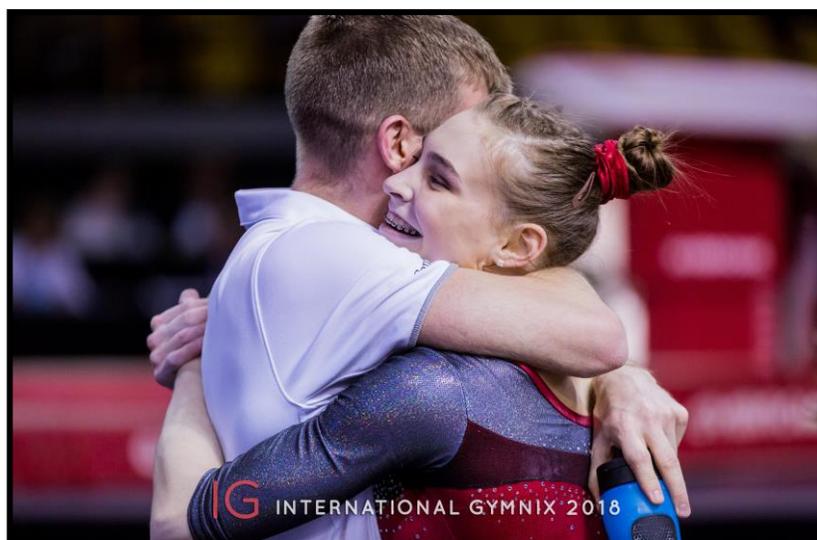
Anne-Maud Jan Viau
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International Gymnix
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1. COMPETITION RULES AND FORMAT

	JUNIOR INTERNATIONAL CUP
CATEGORY	WAG - Junior (born between 2004-2006)
INVITATION	National team members of the top 16 countries at the 2015 or 2018 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 15 th) 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 (TBC by February 15 th)

	SENIOR INTERNATIONAL CUP
CATEGORY	WAG - Senior (Born in 2003 and older)
INVITATION	National team members of the top 16 countries at the 2015 or 2018 Worlds and top 24 AA athletes at 2017 or 2018 Worlds
# ATHLETES	Approx. 24 athletes
COMPETITION FORMAT	DAY 1: AA final, Qualifications for apparatus finals DAY 2: Apparatus finals
FIG CODE	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 15 th) Replacement according to FIG rules
INDIVIDUAL AWARDS	Top 3 All-Around Top 3 per apparatus No maximum per country for awards (TBC by February 15 th)

	GYMnix CHALLENGE
CATEGORY	Born in 2006 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 athlete
# 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



2. OVERALL TENTATIVE SCHEDULE

Friday, March 1, 2019 to Wednesday, March 6, 2019
Delegation Arrivals
Saturday, March 2, 2019 to Wednesday, March 6, 2019
Trainings
Wednesday, March 6, 2019
Technical Meeting
Thursday, March 7, 2019
Podium Training (for all)
Friday, March 8, 2019
Senior International Cup – Competition Day 1
Gymnix Challenge & Junior International Cup – Training
Saturday, March 9, 2019
Gymnix Challenge – Competition Day 1
Junior International Cup – Competition Day 1
Senior International Cup – Training
Sunday, March 10, 2019
Apparatus Finals – All (Day 2)
Closing Celebration Party
Monday, March 11, 2019
Cirque du Soleil visit + Special “Quebec” activity !
Delegations Departure

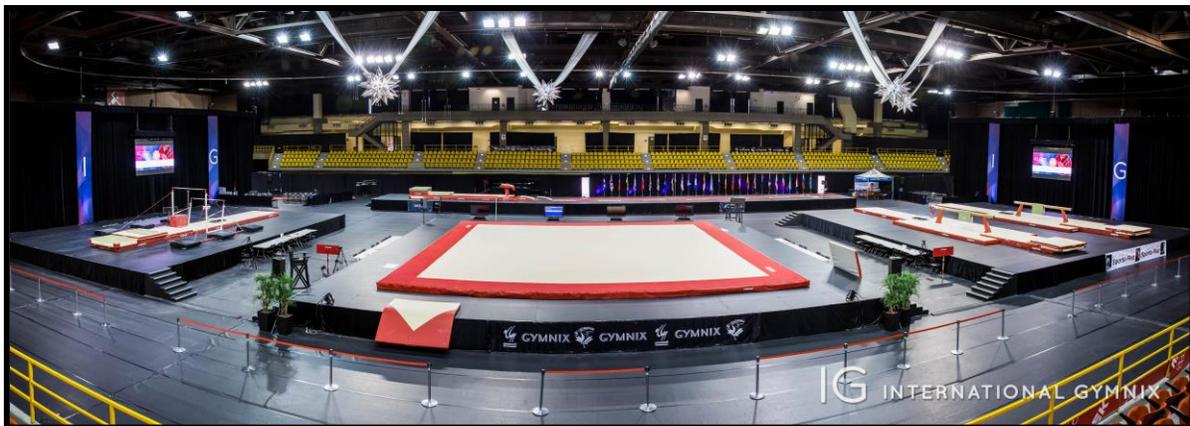


3. COMPETITION AND TRAINING VENUE

Competition venue

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

OMNISPORT ROOM



Equipment

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

Training venues

Host club (Gymnix) facility and a separate warm-up gymnasium (Double Gym). Some trainings will also take place at the INSQ (Olympic Stadium).

Judges

Judges must have a current valid FIG brevet.

Music

MP3 file submitted to the OC prior to competition.
 1 CD per athlete as backup.

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 ACCOMODATION

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: www.internationalgymnix.ca.

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 CUPS

CHALLENGE ATHLETES REPRESENTING THEIR COUNTRY

Delegates representing their country in the Junior & Senior International Cups & the Gymnix Challenge will be staying at the Best Western Ville-Marie Hotel.

Reservations must be made through the Organizing Committee (OC).

Best Western Ville-Marie Hotel

3407 Peel Street
Montreal (QC), H3A 1W7

Hotel (single to quadruple occupancy): \$140/night/room (tx incl.)

140,00\$ / person (single room)
70,00\$ / person (double room)
46,65\$ / person (triple room)
35,00\$ / person (quadruple room)

Meal plan: \$65 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 Cups and the Gymnix 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**.

<p>ELECTRONIC TRAVEL AUTHORIZATION</p>	<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

For Junior & Senior international cups and Challenge athletes representing their country

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 (taxi, etc.).

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 15th, 2019** 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

JUNIOR & SENIOR INTERNATIONAL CUPS

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.

CHALLENGE ATHLETES REPRESENTING THEIR CLUB

Athletes representing their club are required to pay for registration fees (165\$ for athlete and 90\$ for coach). Please contact the OC for more information regarding this topic.

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

Definitive Registration	December 1st, 2018
Nominative Registration	February 1st, 2019

7. DEADLINES SUMMARY

Definitive Registration	December 1 st , 2018
Visa Request Form	January 15 th , 2019
Nominative Registration and Gymnast Profile	February 1 st , 2019
Accommodation and Meal Plan Form	February 1 st , 2019
Travel Schedule Form	February 1 st , 2019
Payment of the Accommodation Costs	February 15 th , 2019
Payment of the Meals	February 15 th , 2019



THANK YOU