



## PARTICIPANT GUIDE

**INTERNATIONAL GYMNIX 2024 | LA CLASSIQUE**

Montréal, Québec, CANADA  
**March 7-10, 2024**

## GENERAL INFORMATION

This document contains a section for coaches and a section for the athletes parents.

**The event will be cashless !**

### INFORMATION FOR COACHES

#### 1. 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 Claude Robillard Sports Complex.

The accreditations will be distributed to clubs and not to individuals. **One club member** is responsible for picking up athlete accreditations before each competition session. The club member may also choose to pick up all club accreditations at once.

It should be noted that all gymnasts and coaches participating in the Classique Gymnix 2024 can attend all competitions of the International Gymnix 2024 for free, upon presentation of their accreditation card. These competitions include the Junior International Cup, Senior International Cup, and the Gymnix Challenge. They will have access to the reserved sections (H0, H1, H3, N3, N1, N0, X, W, P, and O) in the stands.



# IG INTERNATIONAL GYMNIX 2024

Please note that during the Classique Gymnix and Challenge Gymnix competitions, seats are unassigned. Therefore, you can sit on either the Gym A or Gym B side throughout these competitions. However, during the international competitions (Junior Cup, Senior Cup, and finals), seats are assigned according to the sections indicated on the tickets. Thus, coaches and athletes with accreditations will not be able to access ticket holder areas, and vice versa.



## 2. WARMUP

Coaches are responsible for informing their athletes of their warm up location. Gyms A and B are located on the ground floor; Gym C is located in the 2<sup>nd</sup> basement of the sports complex. Feel free to inquire at the information booths located at both entrances of the sports complex if needed.

## 3. MUSIC

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

## 4. PERSONAL EFFECTS

**Locks:** Please plan to use a padlock to keep your personal belongings secure in the locker rooms located on the ground floor and the 2nd basement level of the Complex. Outerwear (boots and coats) is not permitted on the warm-up and competition floors.

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

## 5. THERAPY

A physiotherapy service will be available at the warm-up and competition area for injuries and emergency taping. Athletes requesting pre-competition taping must provide their own materials.

## 6. GIFTS

Coaches and gymnasts must visit the official IG boutique, located on the 2nd floor in the Gymnastics Lounge, with their accreditation to receive their gift.

NEW! The winning teams of each category will receive their awards at the end of the medal ceremony of the last session of each category. The team awards are only for Level 6 to Level 10.

## 7. FOOD

- o Food will be provided for accredited coaches **during** their presence on the competition floor. A provisioning area will be set up directly on the competition floors (coaches' lounge) during meal times. It is prohibited to take food out of the coaches' lounge.
- o Coaches who are not in competition during meal times can dine on the 2nd floor of the Sports Complex. Several food stands will be available for your convenience.
- o Please note that the IG cafeteria (3rd floor) is reserved for volunteers and officials.
- o To help us take a small step for the environment during the event, we kindly ask for your assistance with the following actions:
  - Bring your reusable water bottle. Water fountains are available at various locations in the Claude-Robillard Sports Complex for refilling and no single-use plastic water bottles will be available on site.
  - Do not leave any waste behind. Dispose of it in the appropriate bins (trash, recycling, or compost).
  - Additionally, if you are from Montreal, we encourage you to use public transportation. If you are from outside Montreal, carpooling is encouraged.
- o Please note that it is important to return your accreditation lanyard to one of the designated bins at the information booths. The goal is to produce fewer lanyards for next year.

## 8. VIP EVENING

We invite you to join us on Saturday, March 9th, at 9:30 PM, after the Junior Cup for the IG party! Snacks and drinks will be provided. It's the perfect opportunity to mingle with coaches from all clubs and countries, representatives from Spieth and GK, Olympians, and more! The evening will be accompanied by a festive atmosphere and music with violinist Kayiri and DJ Paul Leblanc!

We look forward to celebrating the 2024 International Gymnix all together!

# IG INTERNATIONAL GYMNIX 2024

## INFORMATION FOR PARENTS

### 1. BUY YOUR TICKETS ONLINE

Click [here](#) to purchase your tickets online and save more than 20%! Don't miss this opportunity!



### 2. RESULTS

The results will be available live on [www.internationalgymnix.com](http://www.internationalgymnix.com) via SportzSoft. You can also download the SportzSoft LiveMeet app on your smartphone.

### 3. DESJARDINS BURSARIES

Desjardins will offer a \$100 scholarship to the top gymnast in the individual competition of each category at the Gymnix Classic.



### 4. GIFTS

Gymnasts and coaches will need to pick up their gift from the IG store with their accreditation.

### 5. OFFICIAL LEOTARD

We are very proud to present the official leotard of IG 2024. Our partner, **GK Elite Sportswear**, has designed this exclusive leotard for participants and spectators of the International Gymnix 2024! It will be available for purchase at the official IG booth in the gymnastics lounge for \$85.

There will be **limited quantities available**, so make sure to get yours as soon as possible!

Don't forget to tag us in your photos wearing the IG leotard using **#Intl2024!**

The official leotard of the International Gymnix 2024 will be awarded to the winner of each competition session!



## 6. FOOD & DRINKS

- o Water will be available for gymnasts on the competition floors.
- o We ask each gymnast to bring a reusable water bottle. Thank you for helping us in our pursuit of an **eco-friendly event!** Water fountains are available at various locations in the Claude-Robillard Sports Complex for refilling and no single-use plastic water bottles will be available on site.
- o Several dining options will be available this year on the 2nd floor of the Complex:
  - o [De Bons Petits Plats](#): pastries, sandwiches, salads, and deserts
  - o [Non solo pane](#) : Pizza, coffee, sorbet and ice cream, and other deserts
  - o [Nouveau standard](#) : poke bowls and salads

## 7. GYMNASTICS TRADESHOW

The Gymnastics Tradeshow welcomes dozens of exhibitors and represents the biggest grouping of storekeepers of gymnastic apparel in Quebec. Also, there will be plenty of new products at the official International Gymnix store!

Kiosks will be located near the box office, the places of medals ceremony, as well as the entrance of the spectators.

### Our booths:

- o *Official IG Store*
- o [Boutique Gym](#) (Official Supplier of [GK Elite Sportswear Canada](#))
- o [Spieth](#)
- o [Pixelyst](#)
- o [Karibou par Sports Montréal](#)
- o *Fleuriste O'Pluriel (Florist and Gifts)*

## 8. AUTOGRAPH SESSION

To be featured on our program, [follow our Facebook page](#) and [our Instagram page](#). Additionally, on Sunday, March 10th, following the international finals, an autograph session with the athletes is scheduled !

## 9. KIDS SPACE

Our partners [SPIETH](#) and [KARIBOU](#) will be onsite to offer a gymnastics course for children aged 2 to 5 accompanied by a parent, as well as for those aged 6 to 12. It will be the perfect opportunity to see your children in action!



## 10. STUDIO AND ACTION PHOTOS !

The sports photography agency Pixelyst will be on site:

- Action photos for all competitions: choose your photos on-site, online, or on any mobile device at <http://www.pixelyst.com/store/>
- Mobile photo studio PixPerfect on site during the competition for a unique experience with professional lighting and exceptional results.

**Book online** and get a chance to win one of the following 6 prizes:

- One of 3 IG 2024 leotards
- One of 3 sets of 3 studio photos printed in 8X10

### Free sessions at the PixPerfect studio!

The studio will be located in the Gymnastics Lounge on the 2nd floor of the Sports Complex.

Book your studio appointment online now to secure your spot! Hurry, spots are limited! Pixelyst is a sports photography agency specializing in artistic sports, paying particular attention to detail. It's a unique opportunity to be photographed by Pixelyst's professional photographers. Reserve your free professional photo studio session with Pixelyst at the International Gymnix 2024. During this free 15-minute session, don't forget to bring your best outfits, your smile, and your athlete accreditation for authentication!

## 11. BEHIND THE SCENE



As part of the International Gymnix 2024, we are offering our activity "**Behind the Scenes of IG**".

This activity is aimed at gymnasts aged 6 and older, parents, and coaches who want to learn more about the behind-the-scenes experience of high-level athletes at the International Gymnix. The activity will take place on **Wednesday, March 6th**.

The two available time slots are from 10:45 AM to 12:15 PM

and from 2:15 PM to 3:45 PM.

*The program includes :* observing international athletes training sessions, visiting the competition floor, photo and autograph session with the athletes, Q&A session, etc.

Sign up [here](#) to live a unique experience!



## 12. PARKING

Parking is available on Avenue Émile-Journault, as well as in the visitor parking areas at the rear of the sports complex (P1, P2, and P3). From Thursday to Sunday, there will be no time limit for parking.

Complexe sportif Claude-Robillard  
Plan du site



Montréal

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HAPPY 2024 GYMnix INTERNATIONAL TO ALL!