



## **2016 L'INTERNATIONAL GYMNIX**

**March 3-6, 2016**  
**Montreal, Quebec, Canada**

*JUNIOR INTERNATIONAL CUP*

*SENIOR INTERNATIONAL CUP*

*GYMNIX CHALLENGE*

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

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Montreal, October 9<sup>th</sup>, 2015.

Dear friends from All around the World,

It is with great pleasure that we invite you to compete in the **2016 L'INTERNATIONAL GYMNIX**, which will be held **March 3-6, 2016** 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 2001-2003)
INVITATION	National team members of the top 16 countries at the 2014-2015 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) 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

COMPETITION	SENIOR INTERNATIONAL CUP
CATEGORY	WAG - Senior (Born in 2000 and older)
INVITATION	National team members of the top 16 countries at the 2014-2015 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) 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

COMPETITION	GYMNIX CHALLENGE
CATEGORY	Born in 2003 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 **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 1<sup>st</sup>, 2015**.

L'International Gymnix will celebrate its 25<sup>th</sup> anniversary this year, and will welcome once again some of the world's best gymnasts. Our 25th edition will be colourful, entertaining and festive. We hope many of you will join us to celebrate the unique sport that is artistic gymnastics. Be 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,

Anne-Maud Jan Viau  
CEO  
L'International Gymnix 2016  
[am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)



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## 2. Overall tentative schedule

<i>Friday, February 26, 2016 to Wednesday, March 2, 2016</i>
<b>Delegation Arrivals</b>
<i>Saturday, February 27, 2016 to Wednesday, March 2, 2016</i>
<b>Trainings</b>
<i>Wednesday, March 2, 2016</i>
<b>Technical Meeting</b>
<i>Thursday, March 3, 2016</i>
<b>Podium Training (for all)</b>
<i>Friday, March 4, 2016</i>
<b>Junior International Cup – Training</b>
<b>Senior International Cup – Competition Day 1</b>
<b>Gymnix Challenge – Competition Day 1</b>
<i>Saturday, March 5, 2016</i>
<b>Junior International Cup – Competition Day 1</b>
<b>Senior International Cup + Gymnix Challenge – Training</b>
<i>Sunday, March 6, 2016</i>
<b>Apparatus Finals – All (Day 2)</b>
<b>Closing Celebration Party</b>
<i>Monday, March 7, 2016</i>
<b>Cirque du Soleil visit + Special “Quebec” activity !</b>
<b>Delegations Departure</b>



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### 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/SENIOR 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: \$60 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 February 15<sup>th</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/Senior 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/SENIOR 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 [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca) by the following deadlines:

<b>Definitive Registration – Annex 1</b>	<b>December 1<sup>st</sup>, 2015</b>
<b>Nominative Registration – Annex 2</b>	<b>February 1<sup>st</sup>, 2016</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>, 2016 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 1 <sup>st</sup> , 2015
Visa Request Form	January 10 <sup>th</sup> , 2016
Nominative Registration and Gymnast Profile	February 1 <sup>st</sup> , 2016
Accommodation and Meal Plan Form	February 1 <sup>st</sup> , 2016
Travel Schedule Form	February 1 <sup>st</sup> , 2016
Payment of the Accommodation Costs	February 15 <sup>th</sup> , 2016
Payment of the Meals	February 15 <sup>th</sup> , 2016

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

2016 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:am.janviau@gymnix.ca">am.janviau@gymnix.ca</a> Fax: 1-514-872-1590
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## ANNEX 1 DEFINITIVE REGISTRATION FORM

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

**PLEASE INDICATE THE NUMBER OF PARTICIPANTS :**

PARTICIPANT INFORMATION			
ROLE	SENIOR CUP	JUNIOR CUP	CHALLENGE
ATHLETES			
COACHES			
JUDGES			
SUPPORT STAFF			

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



## ANNEX 2

### NOMINATIVE REGISTRATION FORM

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

HEAD OF DELEGATION (Last name, first name)	
NAME	
PHONE NUMBER	
EMAIL	

JUNIOR CUP TEAM (Last name, first name)	SENIOR CUP TEAM (Last name, first name)

CHALLENGE GYMNIX PARTICIPANTS (Last name, first name)

**Please send the completed nominative registration form before February 1<sup>st</sup>, 2016**  
**by email to: [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)**



## ANNEX 3 GYMNAST PROFILE

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

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

BEST NATIONAL PERFORMANCES				

RELEVANT MEDICAL INFORMATION (allergies, etc.)	

EMERGENCY CONTACT			
NAME		RELATION WITH THE ATHLETE (MOTHER, FATHER, ETC.)	
TELEPHONE			

**Please send the completed gymnast profile forms before February 1<sup>st</sup>, 2016**

**by email to: [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)**

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## ANNEX 4

### ACCOMODATION AND MEAL PLAN FORM

ACCOMODATION HOTEL LORD BERRI							
Single room (1 bed) 120,00 \$ Double room (2 beds) 60,00 \$ Triple room (2 beds) 40,00 \$ (2 person sharing a bed) Quadruple room (2 beds) 30,00 \$ (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 accommodation and meal plan form before February 1<sup>st</sup>, 2016  
by email to: [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)



## ANNEX 5

### TRAVEL SCHEDULE FORM

TRAVEL SCHEDULE FORM						
NAME	FUNCTION (coach, judge, gymnast, etc.)	CATEGORY	ARRIVAL DATE AND TIME	FLIGHT NUMBER	DEPARTURE DATE AND TIME	FLIGHT NUMBER
EX: MUSTAFINA Aliya	Gymnast	Junior Cup	March 1, 3.30 PM	AC 171	March 7, 9 AM	AC 435

**Please send the completed travel schedule form before February 1<sup>st</sup>, 2016**  
**by email to: [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)**



## ANNEX 6

### VISA REQUEST FORM

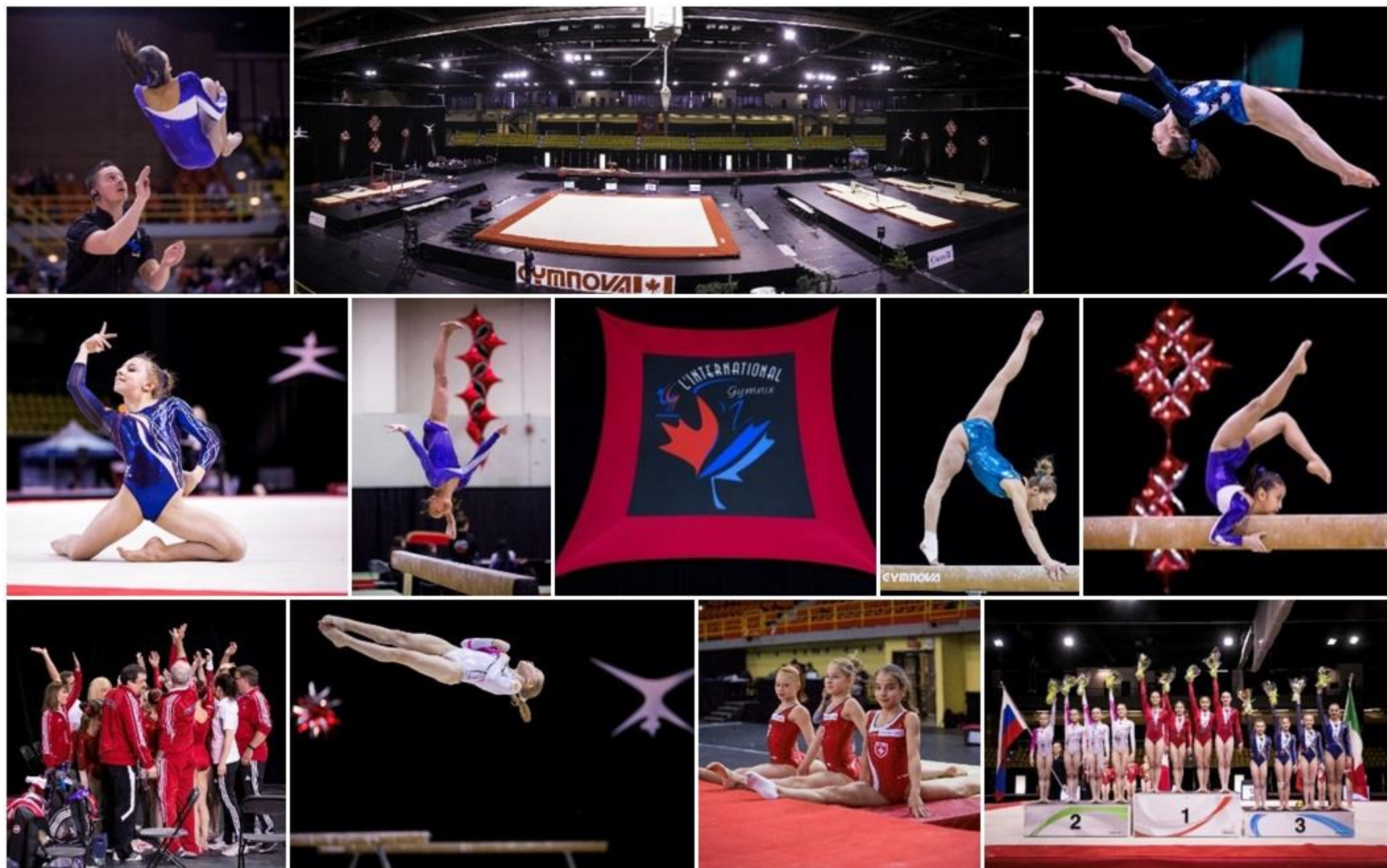
VISA REQUEST FORM								
LAST NAME, First name	FUNCTION	GENDER M/F	DATE OF BIRTH dd.mm.yyyy	Citizenship and passport N°	Passport expiry date	Arrival date	Departure date	City*

\* city where the visa application support letter must be sent to

**Please send the completed form before January 10, 2016**  
**by email to: [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)**

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# THANK YOU !

L'International Gymnix  
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