



# PARTICIPANT guide

IG

INTERNATIONAL  
GYMNIX 2020



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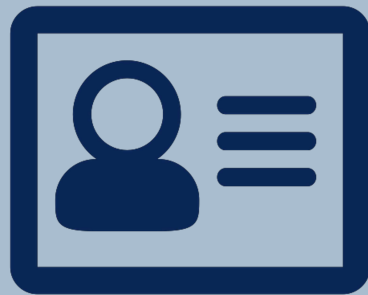
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# Information section for coaches

## Accreditations

Accreditations are given at the accreditation kiosk next to the elevator on the ground floor, opposite the reception desk of the Claude Robillard Sports Complex.



**Accreditations will be given by club and not individually.** A club member is responsible for retrieving the accreditations of the athletes before each competition session. The member of the club can also choose to recover all the accreditations of its club.

**Please note that all gymnasts and coaches of the Classic Gymnix 2020 can attend all the competitions (including international competitions) of International Gymnix 2020 free of charge, upon presentation of their accreditation card.** They will have access to the general admission sections in the bleachers. If the gymnasts and coaches wish to have booked seats, they can buy tickets in the Club, Gold or Silver sections.



## Trainings

Coaches are responsible for informing their athletes about the location of their warm-up. Gyms A and B are located on the ground floor; Gym C is located in the 2nd basement of the Sports complex. If you're not sure, please inquire at the information kiosks at the two entrance doors to the Sports complex.



## Musics

Music for all athletes should have been uploaded to SportzSoft. We ask that you have a CD or a USB key with the music with you in case of problems.



## Personal belongings

**Padlocks:** Plan to use a padlock to keep your personal belongings safe in the locker rooms located on the ground floor of the Complex. No outer clothing will be tolerated on the warm-up or competition grounds.

**Shoes:** Plan to wear sandals or running shoes to move from the warm-up gymnasium to the competition gymnasium.



## Therapy

A physiotherapy service will be available in the warm-up and competition area for injuries and emergency taping. Athletes who want a pre-competition taping must provide their own equipment. A sports massage kiosk will also be available to athletes on the 2nd floor from **Thursday March 5 to Saturday March 8 from 9 a.m. to 8 p.m.** and **Sunday March 9 from 9 a.m. to 6 p.m.**



## Gifts

**NEW!** Coaches and gymnasts must present themselves at the official IG booth, located on the 2nd floor in the Gymnastics tradeshow, with their accreditation in order to receive their gift.



## Food & Drinks

Food will be available to accredited coaches during their presence on the competition field. A supply area will be set up directly on the competition platforms (coaches lounge) during meal times. It is forbidden to take food out of the coaching lounge.

- Coaches who are not in competition during meal times can eat on the 2nd floor of the Sports Complex. Several food kiosks will be at your disposal.
- Note that the IG cafeteria (3rd floor) is reserved for volunteers and officials.
- Water and oranges will be available to gymnasts on the competition platforms.

We ask each coach and each athlete to bring a reusable water bottle. Thank you for helping us in our pursuit of an eco-responsible event.

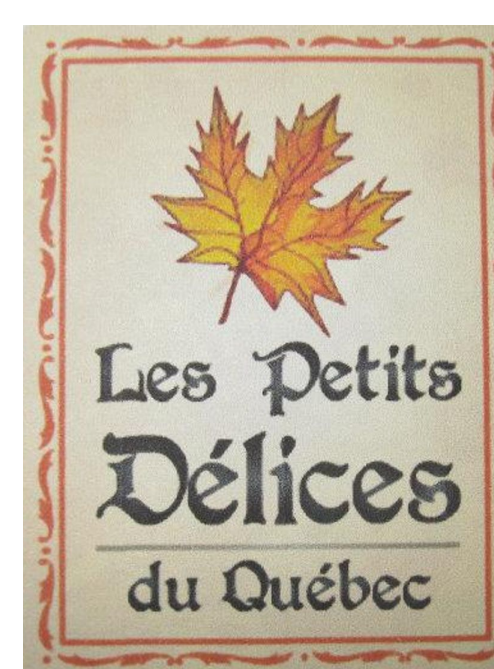
Here are the food kiosks that will be present during the event:



Pasta Bar



Breakfasts  
Pizzas  
Desserts  
Coffees



Maple Products  
Smoothies  
Sweets



Gelato



Soups  
Salads  
Pokebowls  
Sandwiches

## IG party

**WHO?** All VIP guests and partners

**WHEN?** Friday March 6, 5pm to 7pm

**WHERE?** In the Salon des dignitaires (3rd floor) of the Claude-Robillard Sports Complex.

**WHAT?**

- Cocktail diner
- Wine, beer, cocktail bar
- Photo booth
- Networking opportunity with event partners, governments and sports federation representatives, etc.

A unique opportunity to meet top athletes and former athletes in gymnastics and other related sports.

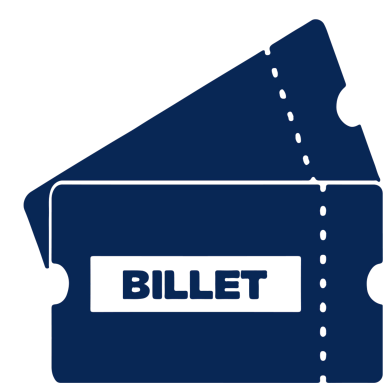
Don't forget to fill out the form to confirm your presence [here](#)!

## Important informations

If you need important information such as the training hours, the competition hours or something regarding the regulation, please visit our website [HERE](#).



# Information section for athletes parents



## Online ticketing

NEW!

### GROUP TICKETS (Clubs only - EAST bleachers)

What could be better than being able to sit all together and have a good time at the International Gymnix?  
No need to worry about finding space, your seats are already booked!

Conditions:

- Be a club
- Be a group of 10 minimum
- Choose the places you want on the map

### GOLD OR SILVER TICKETS (WEST bleachers) - ONLY ON SALE ONLINE EVEN ON THE DAY OF THE EVENT. YOU CAN TAKE THE PLACES VIA YOUR PHONE, TABLETS OR COMPUTER.

Want to be closer to the competition?  
You can now choose your places from the gold or silver sections on our interactive map and be sure to book your seats each day of the event.

### I ACCUMULATE SO I WIN

If I come more days do I have the right to a discount?  
Of course ! We offer a 17% discount if you buy tickets for all 3 international competitions. The calculation is done automatically in your basket.

Here is a tutorial to help you if you were wondering how to buy tickets:

## WHICH TICKET(S) SHOULD I BUY?

**I am a spectator of the Classique Gymnix**

You have no other option than to take a place in general admission (no assigned seats).

A Classique ticket does not allow you to be able to attend international competitions. For this, you must take a ticket which allows you to be able to attend all the competitions on the same day.

**I am a spectator of the International competitions**

You can buy a general admission ticket valid for international competitions (without assigned seat) or a ticket in the gold and silver sections if you want to be better placed.

You will have access to all the competitions of the day and in the 2 gymnasiums.

**I want to come as a group in the Club area**

You should check with your club to find out how many people want to come. You will have the possibility to buy your seats to be all together in the Clubs area (letters R / S / T on the plan).

Offer valid for international competitions only.

Your child, as a participant, will have access to all competitions in general admission thanks to their accreditation. There is no need to buy a ticket (unless you want to be placed in the silver or gold zone during international competitions).

[www.internationalgymnix.ca](http://www.internationalgymnix.ca)

BUY MY TICKETS



## Live webcast

Did you know that all competitions of the Classic Gymnix and L'International Gymnix will be broadcast for free via our partner PQM.net?

Are you a member of the family or friend of an athlete and unfortunately you can't attend his competition at the Complexe sportif Claude-Robillard?

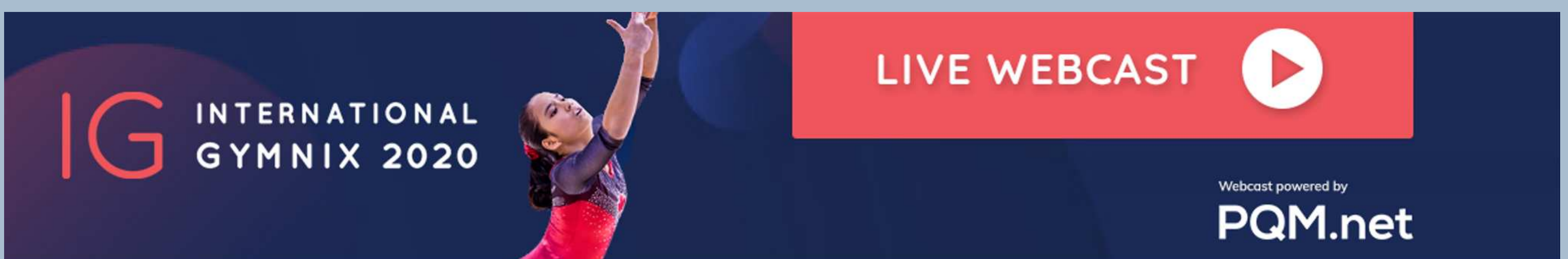
Are you a gymnastics fan, but you are unable to attend the International Gymnix competitions?

No problem! Tune in to our livestream platform and watch all competitions live or live!

BUT, if you are able to make it to the Claude-Robillard Sports Complex, live the experience on site and buy your tickets quickly! 😊



## I WATCH THE COMPETITIONS ONLINE



## Results



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



## Desjardins bursaries



Desjardins will offer cash bursaries to the Quebec winner in each category

## Official leotard

We are very proud to present you the official leotard of the 2020 IG designed by our sponsor GK Elite Sportwear. You can also purchase it at the IG kiosk on the 2nd floor.

The official leotard of the 2020 International Gymnix will be awarded to the winner of each session. Identify us on your pictures wearing the IG leotard using the hashtag #Intlgymnix. Who knows... you will may be on the big screens! 😊





## Gymnastics Tradeshow - 2nd floor



The Gymnastics Tradeshow welcomes a lot 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.

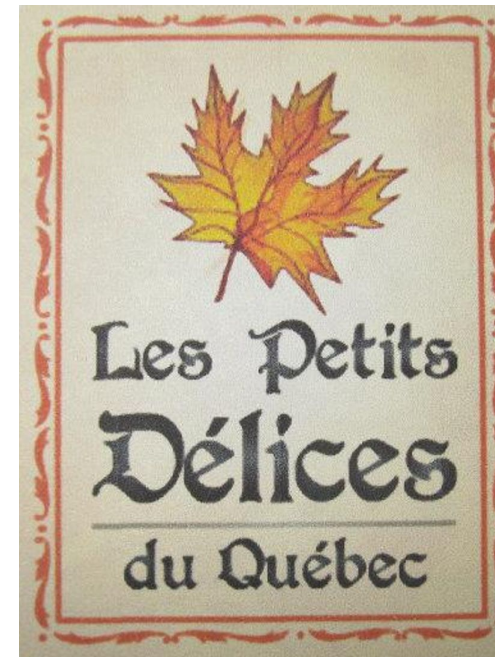
Please find bellow all the kiosks attending the event :



Pasta Bar



Breakfasts  
Pizzas  
Desserts  
Coffees



Mapple Products  
Smoothies  
Sweets



Gelato



Soups  
Salads  
Pokebowls  
Sandwiches



Spieth Canada  
Official equipment supplier



Karibou  
World Tour



Boutique Gym



Pixelyst  
Photo booth



Kawelä  
Beach wear



Northwest Designs  
Printing on clothing  
& accessories



Créations Boho  
Jewelry & scrunchies



MLB  
Massage therapy



Lufa farms



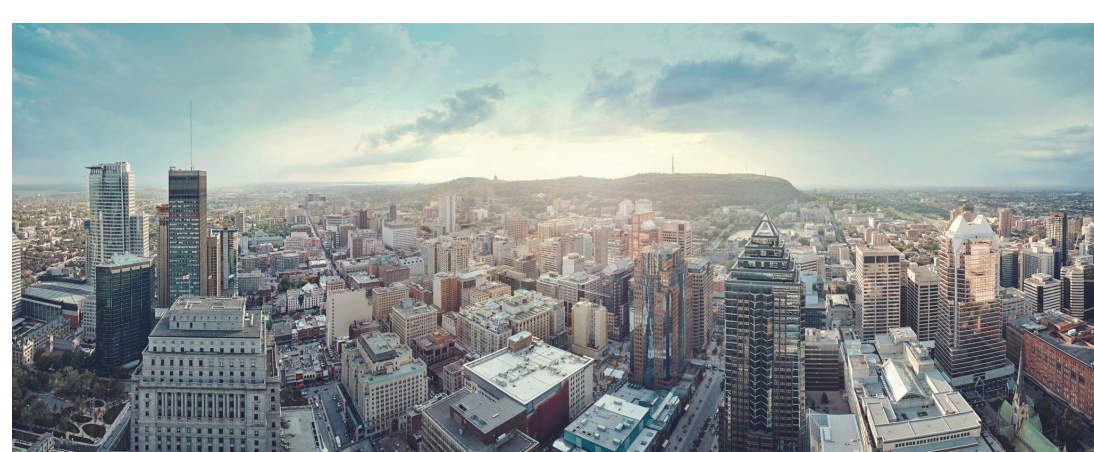
Drone Tours  
Virtual reality



Florist  
Pouvoir des Fleurs



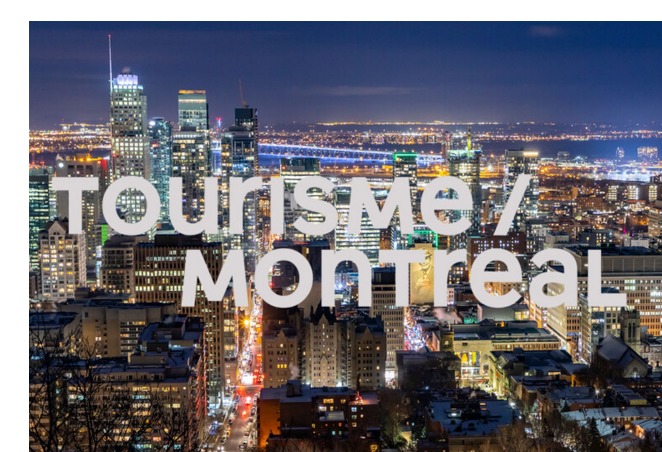
### Exclusive benefits



Observatory Place  
Ville Marie  
-50% upon  
presentation of your  
accreditation  
or a receipt from IG

**TOURISME /  
MONTREAL**

Tourisme Montréal  
exclusive discounts!  
%



What can I do in  
Montreal?



## Fan Zone

The International Gymnix will set the mood for the party before international competitions. Several activities are on the program including autograph signing sessions, virtual animation of the official dance of the IG, make-up and more. To be featured in our program, follow our Facebook page.

The opening hours of the Fanzone are:

- o **Friday March 6 from 5 p.m. to 6:45 p.m.**
- o **Saturday March 7 from 4:30 p.m. to 6:15 p.m.**
- o **Sunday March 8 from 11:30 a.m. to 1:45 p.m.**

On Sunday March 8 after the finals: an autograph session will take place with the finalist athletes!



## Kids corner

The International Gymnix and Spieth Canada are proud to announce their long term partnership for the 2020 edition of the International Gymnix and beyond.

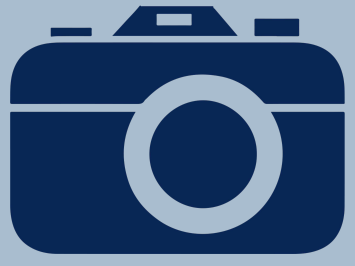
All competition equipment will be provided by Spieth Canada for the provincial, national and international competitions taking place at the Complexe sportif Claude-Robillard, in Montreal, March 4 to 8, 2020 and provide equipment for a kids corner at our gymnastics tradeshow. They will also be present as an onsite exhibitor within the exhibit hall to present some of their new equipment innovations as well as meet and greet with clubs and parents to answer any questions they may have regarding the equipment featured throughout The International Gymnix.

Spieth has more than 40 years of history in North America and even more in Europe, providing high performance equipment for 11 Olympics games and 14 WAG World Championships, including the last world championships in Stuttgart in 2019. They were even the equipment provider in 1976 for the Montreal Olympic games! We are confident that Spieth is the premier partner to allow the event to continue to grow and last over time.





## Photo booth - Pixelyst (2nd floor)



### Do you want to take beautiful photos by a professional during the event?

Following last year's success, Pixelyst's studio is back at the International Gymnix 2020. An online reservation system is available to book your place in advance, while saving \$5. 275 places will be available for the 5 days of the event. For groups, we recommend booking individual places for the athletes as well as a place for the group pictures.

### How much does it cost ?

A registration fee to ensure your presence of \$15 is required when booking. Pixelyst will send you a coupon of \$20 applicable on any purchase on March 1st (action, studio and individual or group photos).

### You have not booked and you want to do a session?

You can confirm if places are available on computers or phones or by going directly to the studio to make your appointment on site.

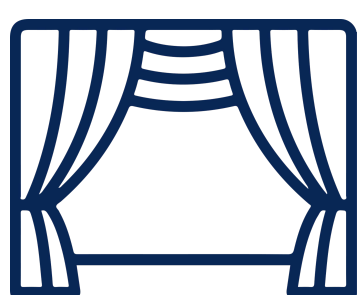
Photos will be available on site the day after your visit at the studio.



## IG behind the scene

As part of the International Gymnix 2020, you can register to the our special activity "Behind the scenes of the IG".

This activity is for gymnasts of ages 6 and up, parents and coaches who want to discover more about the experience of high-level athletes at the International Gymnix. The activity will take place on Wednesday March 4th.



We will open 3 sessions:

**10:30am to 12pm**

**11.30am to 1pm**

**1.30pm to 3pm**

Program: attend international athletes training, visit the competition site, photo and autograph session with the athletes, etc.

**Register to live a unique experience!**





## Parking



Parking is available on Emile-Journault Avenue or in the parking lots located behind 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.

More information **HERE**.

### SENIOR INTERNATIONAL CUP

AUSTRALIA  
 BELGIUM  
 CANADA  
 UNITED STATES

**Kara Eaker**  
Winner of the 2019 Senior Cup

### JUNIOR INTERNATIONAL CUP

GERMANY  
 AUSTRALIA  
 BELGIUM  
 CANADA  
 UNITED STATES

**Zoé Allaire-Bourgie**  
Winner of the 2018 - 2019 Junior Cup

A big **THANK YOU** to all our partners who, through their loyal support, are making this 29th edition of the International Gymnix possible. Thanks to their precious collaboration, we can offer a unique competition of international women artistic gymnastics in Montreal

