CANADIAN
Gymnaestrada
CANADIENNE
2018

INFORMATION BULLETIN #2

Updated December 22, 2017

June 27th to July 1st, 2018

Richmond, BC

#CDNGymnaestrada

www.gymcan.org

1 – ELIGIBILITY

Please note the additional requirements for each role below from Bulletin #1. Changes are in red

The Canadian Gymnaestrada (CG) is a "Gymnastics for All" event and all GCG registered participants in good standing are eligible to attend.

Consistent with previous cycles, any group planning to attend the 2019 World Gymnaestrada (WG) in Dornbirn, Austria must attend the 2018 Canadian Gymnaestrada:

- To show part of their WG routine and to receive feedback to enhance their performance at WG. (Note: GCG uses the feedback collected to determine the allocation of the Canadian indoor, city, & national evening performances at the next WG).
- To attend the 1st information meeting for potential WG group managers.
- To try on the team uniforms.

Note: There are a limited number of performance spots available at the WG for each Federation. For more information on WG performance possibilities, please refer to the FIG *Gymnastics for All Manual* on page 20.

1.1- Participant Definitions and Eligibility Specifications

1.1.1 - Gymnast

- By definition, a gymnast trains and partakes in a group performance.
- A gymnast can be registered in one INDOOR performance and one CITY performance.
- The minimum recommended age for gymnasts to participate in the CG is 9 years of age within the year of the event (example: a gymnast who turns 9 on December 29 is considered age 9 during the entire year, from January 1 until December 31). Gymnasts younger than 9 may be permitted to participate by GCG on a case-by-case basis. A written request must be addressed to Meredith Warner (mwarner@gymcan.org) at GCG at the time of the Intent to Participate registration.
- A gymnast must be registered as a gymnast within a provincial/territorial organization (P/TO) when their name is submitted on the nominative registration form.
- A gymnast who is not a registered member in good standing of a P/TO may not participate in the CG.

1.1.2 - Coach

- By definition, a coach prepares the gymnasts and directs the group's performances.
- Each group must have at least one designated coach, which means that a club registering more than one group must designate a different coach for each group.
- A coach must be NCCP Competition 1 Certified (or equivalent) in at least one gymnastics discipline (men's artistic, rhythmic, trampoline, or women's artistic gymnastics) to have access to the training and performance gyms. An exemption to this requirement may be granted by GCG on a case-by-case basis. A written request must be addressed to Suzanne Fisher (sfisher@gymcan.org) at GCG at the time of the Intent to Participate registration.
- A coach must be registered as a coach with a P/TO when their name is submitted on the nominative registration form.
- A coach, over 18 years of age or older, must hold a valid Criminal Police Check, valid within 2 years from the event.

- Coaches are recommended to take the Making Head Way Concussion eLearning from the Coaching Association of Canada as well: https://coach.ca/making-head-way-concussion-elearning-series-p153487.
- It is recommended that coaches complete the Respect in Sport training program: http://respectinsport.com/.
- To participate in the CG, a coach must be a registered member in good standing of a P/TO and hold a valid Criminal Police Check.

1.1.3 - Manager

- By definition, a manager coordinates and facilitates their group's participation in the CG and is responsible for all direct communication with the organizers before, during, and after the CG.
- Each group must have a designated manager. If a club registers more than one group, only one manager is required.
- A manager must be registered as a coach, administrator, volunteer, or supporter with a P/TO when their name is submitted on the nominative registration form.
- A manager, over 18 years of age or older, must hold a valid Criminal Police Check, valid within 2 years from the event.
- It is recommended that managers complete the Respect in Sport training program: http://respectinsport.com/.
- To participate in the CG, a manager must be a registered member in good standing of a P/TO and hold a valid Criminal Police Check.

1.1.4 - Chaperone

- By definition, a chaperone supervises underage gymnasts.
- A group must appoint one chaperone for every 10 gymnasts below the age of 16 participating. A group may appoint a maximum of two chaperones for every 10 gymnasts below the age of 16 participating in the CG.
- A chaperone must be registered as a coach, administrator, volunteer, or supporter with a P/TO when their name is submitted on the nominative registration form.
- A chaperone, over 18 years of age or older, must hold a valid Criminal Police Check, valid within 2 years from the event.
- It is recommended that chaperones complete the Respect in Sport training program: http://respectinsport.com/.
- To participate in the CG, a chaperone must be a registered member in good standing of a P/TO and hold a valid Criminal Police Check.

1.1.5 - Supporter

- By definition, a supporter is a person (generally a family member) with no other role apart from providing assistance as required by their manager (not a gymnast, coach, manager, or chaperone).
- A supporter must be registered as an administrator, volunteer, or supporter with the P/TO when their name is submitted on the nominative registration form.
- A supporter, over 18 years of age or older, must hold a valid Criminal Police Check, valid within 2 years from the event.
- It is recommended that supporters complete the Respect in Sport training program: http://respectinsport.com/.
- To participate in the CG, a supporter must be a registered member in good standing of a P/TO and hold a valid Criminal Police Check.

Criminal Police Checks can be done either through your local Police Force or online through Sterling Backcheck (http://sterlingbackcheck.ca/cac_ace). Sterling Backcheck charges a fee of $28.75 and typically delivers a police check record within 24 hours. Should you use Sterling Backcheck, please select "Gymnastics Canada" as your organization.

1.2 - Group Requirements and Performance Specifications

- A group may present one INDOOR performance, one CITY performance, or both.
- Group size is a minimum of 10 gymnasts performing AT ALL TIMES (there is no maximum number).
- A group may consist of:
    - Gymnasts from one club.
    - Gymnasts from two or more clubs.
- Indoor groups will have the opportunity to perform twice in the Indoor Performance Venue.
- City groups will have the opportunity to perform once in the Indoor Performance Venue and once in the City Performance Venue.
- Performance time allocation:
    - Varies depending on the type of performance (indoor vs. city);
    - Varies depending on the size of group (# of gymnasts);
    - Includes entrances/exits and the placement/removal of all equipment.
- Indoor group times:
    - Groups with 10 to 19 gymnasts: 5 min max;*
    - Groups with 20 to 35 gymnasts: 10 min max;*
    - Groups with 36 or more gymnasts: 15 min max.*
- City group times:
    - Groups with 10 to 19 gymnasts: 3 min max;*
    - Groups with 20 or more gymnasts: 5 min max.*

* Includes entrances/exits and the placement/removal of all equipment.

2 – REGISTRATION

The registration for this event is a three-step process and may be completed by either the club/team manager or the P/TO.

2.1– Intent to Participate – Was due on November 1st, 2017 – Step 1

2.2 - Nominative Registration Form & Apparatus Form – Due January 15th, 2018 – Step 2

2.2.1 - Nominative Registration

- See attached the Nominative Registration form (excel spreadsheet).
- The form and fee **($140** per participant) is due to GCG by **January 15th, 2018**. Please submit the completed Nominative form electronically to Mylaine Doré (mdore@gymcan.org). Payment with a printed copy of the financial tab is to be sent to the GCG office. See bullet 2.4 for details.
- As part of the Nominative Registration fee, each participant (gymnast, coach, manager, chaperone, and supporter*) will receive an event accreditation which grants access to all performances, ceremonies, and workshops, as well as local transportation.
- "Supporter" accreditation will not grant access to any areas designated as "Field of Play".

2.2.2 - Apparatus Form

Please use the following link to submit your apparatus requests:
https://www.surveymonkey.com/r/WR7JPHT.

- This survey must be completed by **January 15, 2018** at the very latest.

2.3 – Music, Final Entries, Refunds, Waivers, Transportation, Criminal Police Checks - Due May 28th, 2018 - Step 3

2.3.1 - Music Submission

- Please send an electronic version (wav. or mp3.) of your music to musicgymnaestrada@gmail.com by **May 28th, 2018**.
- Music files must be named in accordance with the following naming convention:
    - Full name of group_Performance type (Indoor/City)_Duration (minutes.seconds)

      Examples:

      GCG Performance Team_City_2.55

      GCG Performance Team_Indoor_6.34

- Music files that do not follow the prescribed naming convention will not be accepted.
- Coaches are also asked to ensure a copy of their music is readily available on-site as back-up.
- Music duration must be in accordance with the following specifications:
    - Indoor Group Music:
        - 5 Minute Max (groups with 10 to 19 gymnasts)
        - 10 Minute Max (groups with 20 to 35 gymnasts)
        - 15 Minute Max (groups with 36 or more gymnasts)
    - City Group Music:
        - 3 Minute Max (groups with 10 to 19 gymnasts)
        - 5 Minute Max (groups with 20 or more gymnasts)

- **Reminder:** Groups registered as both Indoor and City Groups must have two (2) different performances (i.e. the City performance should not be a shortened version of the Indoor performance).

2.3.2 - Registration Changes and/or Additions

- The nominative registration fee is 100% transferable and replacement participants will be accepted until May 28th, 2018.
- Following the nominative deadline, additional participants will be accepted until May 28th, 2018 but will be subject to an additional **$50 late registration fee.**
- No additional participants will be accepted after May 28th, 2018.

2.3.3 - Refund Policy

- The *Intent to Participate* fee ($150) is non-refundable.
- The *Nominative Registration* fee ($140) is 100% refundable up until **May 28th, 2018.**
- After May 28th, 2018, the *Nominative Registration* fee ($140) is non-refundable, even for withdrawals due to injury.

2.3.4 - Participant Risk Waiver, Medical Forms and Criminal Police Checks

- Clubs/groups must submit an *Assumption of Risk* waiver and medical form for **each of their participants** by May 28th, 2018.
    - Assumption of Risk and Medical Form: http://gymcan.org/events-results/general-event-documents/participant-forms.
- Forms can be sent either by mail to the GCG office (see address in section 6.4) or via email to Mylaine Doré (mdore@gymcan.org).

- Coaches, Managers, Chaperones and Supporters over the age of 18 must have a Criminal Police Check (valid within 2 years of the event) by May 28th, 2018.

2.3.5 - Transportation Information

- All airport arrival and departure information must be submitted to GCG by **May 28th, 2018** by updating the designated fields in the nominative form. Should a club/group fail to submit the transportation information by the deadline, they will not receive any local transportation.
- Note that only teams/groups that stay at one of the eight host hotels will receive local transportation.
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2.4 – Method of Payment

Only payment by cheque will be accepted.

Registration Step 1

One cheque per club/group with the hard copy of the Intent to Participate must be **received** by **November 1st, 2017.** The Complete electronic Excel Nominative Form is to be sent to Mylaine Doré (mdore@gymcan.org).

Registration Step 2

One cheque per club/group with the hard copy of the financial info tab from the nominative registration form must be **received** by **January 15th, 2018**.

Registration Step 3

One cheque per club/group with the hard copy of the financial info tab from the nominative registration form for any late registrations must be **received** by **May 28th, 2018**.

Cheque made payable to: **Gymnastics Canada**

Packages to be mailed to:
Gymnastics Canada
Attn: Mylaine Doré
1900 City Park Drive, Suite 120, Ottawa, ON, K1J 1A3

3 – SCHEDULE

**Please note that the schedule is subject to change.

Wednesday June 27, 2018	
All Day	Group arrivals and Registration (Richmond Oval and Official Hotels)
Thursday June 28, 2018	
Performance Rehearsals (Richmond Oval)	7:45-11:30 Morning Group Block A 11:30-13:15 Lunch Break 13:15-17:00 Afternoon Group Block B
Workshops (Richmond Curling Club)	8:30–11:30 Morning Group Block B 11:30-13:30 Lunch Break 13:30-16:30 Afternoon Group Block A
Opening Ceremonies (Richmond Oval)	19:00-20:15
Coach/Manager Reception (Location: TBC)	20:30-21:30
Friday June 29, 2018	

Indoor Performances (Richmond Oval)	8:30-10:15 Group Performances 10:15-10:30 Break 10:30-12:00 Group Performances 12:00-13:00 Lunch Break 13:00-15:00 Group Performances 15:00-15:15 Break 15:15-17:00 Group Performances
Group Activity (Richmond Oval)	19:00-21:00 Group Activity
Coach Professional Development Activity (Richmond Oval)	18:30-21:00 Coach PD Activity
Saturday June 30, 2018	
Indoor Performances (Richmond Oval)	8:30-10:15 Group Performances 10:15-10:30 Break 10:30-12:00 Group Performances 12:00-13:00 Lunch Break 13:00-15:00 Group Performances 15:00-15:15 Break 15:15-17:00 Group Performances
Showcase (Richmond Oval)	19:00-20:30 Showcase
Sunday July 1, 2018	
City Performances and Canada Day Festivities (Steveston Village)	All Day – Times TBC

Appendix A contains the detailed starting orders for rehearsals on June 28 and Indoor/City performances on June 29 and 30. The times and starting orders are subject to change as they are dependent on confirmation of group performance times. Every effort will be made to minimize the changes to the original schedules. Any questions or comments regarding the starting orders/times may be directed to mwarner@gymcan.org.

The times and starting orders for the July 1st City Performances in Steveston Village will be communicated in the Bulletin #3.

4 – WORKSHOPS

The Canadian Gymnaestrada Workshops will be open to all registered participants. The schedule has been specifically arranged to allow each group the opportunity to enjoy the workshops for one half of the day while reserving one half of the day for rehearsals.

8:30–11:30 Morning Workshop Sessions (Group Block B)

- Session 1B 8:30-9:20
- Session 2B 9:30-10:20
- Session 3B 10:30-11:20

11:30-13:30 Lunch Break

13:30-16:30 Afternoon Workshop Sessions (Group Block A)

- Session 1A 13:30-14:20
- Session 2A 14:30-15:20
- Session 3A 15:30-16:20

The workshops will feature a variety of topics including:

- Circus – Presented by Vancouver Circus School
- Theatrical Makeup – Presented by Vancouver Community College, Makeup Artistry Program
- World Gymnaestrada Information and World Team Choreography – Presented by GCG

- Get PLAYFUL with DANCE – Presented by DANCEPL3Y
- Acrobatic Storytelling: An exploration of the purpose of choreography beyond movement for movement sake – Presented by Monica Goermann (Momentum Aerial and Acrobatic Troupe, Manitoba)
- One with Music: from Execution to Expression - Presented by Elena Mager-Tetz (Elena's Rhythmic Gymnastics Club, Alberta)

Space is limited in each workshop session. A detailed sign-up process will be communicated in the Information Bulletin #3.

5 – VENUES

5.1– Indoor Performance Venue

See **Appendix B** for the **DRAFT** Indoor Performance floor plan.

5.2– City Performance Venue

We are currently working with the city of Richmond and Steveston Village to confirm details on the performance space, time and the possibility of participating in the Canada Day parade.

6 – OTHER ACTIVITIES/RECEPTIONS

6.1– Coach/Manager Reception

Each registered coach and manager will receive a ticket for the coach/manager reception on June 28th from 20:30-21:30. The tickets will be distributed in the group's registration package. The reception location will be published in the Information Bulletin #3.

6.2– Group Activity

The Group Activity will take place at the Richmond Oval on June 29th from 19:00-21:00. All registered participants are invited to take part in this social gathering. The evening will feature a dance party hosted by DANCEPL3Y and will also offer participants the opportunity to socialize with their peers and trade club items if they wish (pins, t-shirts, etc.). The evening activity will also offer everyone the chance to perform the World Team choreography as one large Canadian Group in preparation for the 2019 World Gymnaestrada!

6.3– Coach Professional Development Activity

The Coach PD Activity will take place at the Richmond Oval on June 29th from 18:30-21:00. All registered coaches are invited to take part in this interactive session dedicated to exploring the current Canadian Gymnaestrada Adjudication Process, Performance Assessment Form and World Gymnaestrada Performance Spot Allocation.

Participants in this session will receive 3 Professional Development points. More information and sign-up details will be included in the Information Bulletin #3.

7 – SHOWCASE

The Showcase will take place on June 30th from 19:00-20:30 in the Richmond Oval. The goal of the showcase is to highlight the inclusive nature of Gymnaestrada and feature a diverse range of performances from across the country. Groups selected to be a part of the showcase will be notified following the first day of performances in the Indoor Venue (communication will be sent to both the coach and manager).

8 – TOURIST ATTRACTIONS

8.1 – Olympic Experience Museum *At the venue*

A must-see attraction while you're in Richmond, Winner of 'Best New Attraction in Canada' award from Where Magazine, is Canada's only Olympic Museum – the Olympic Experience at the Richmond Olympic Oval. A highly interactive and inspiring experience featuring over 400 Olympic and Sport artefacts, digital archives, five world-class sport simulators, interactive sport challenges, and the feature film *Pursuit of a Dream*, it offers something for everyone in the family.

A special discount of 10% has been arranged for Olympic Experience ticket purchases by using the code "*Gymnaestrada*" upon check out – either online or at the Olympic Oval front desk. Teams are encouraged to visit together. It is required that groups of 10 or more people book ahead. Making a reservation ensures the best visitor experience for your group and other guests. To book ahead please contact us at schools@richmondoval.ca.

For more information on the Olympic Experience, hours of operation and to purchase tickets please visit us at http://richmondoval.ca/therox.

8.2 – The Dumpling Trail

World renown self-guided tour for your taste-buds! The Richmond Dumpling trail is a crispy, chewy, pot-sticking, pan fried, deep fried, soup stuffed, meat stuffed dumpling journey. Adopt pre-planned itineraries, or navigate yourself through over 20 eateries through an interactive map.

This culinary experience was rated one of "Twelve of the World's most Enticing Foodie Trails" by CNN, and rated by dozens of other national and international publications.
https://www.visitrichmondbc.com/365-days-of-dining/dumpling-trail/

8.3 – Richmond Night Market

Richmond's Asian night market showcases an amazing international cross section of culture and cuisine. Over 140 food vendors and 400 total exhibitors, this nightly weekend event is a festival for the senses.

Discover a world of delicious foods including spiral potatoes on a skewer, barbecued skewers of meat and seafood (including squid - a market favorite), hand-pulled ramen, mango desserts and drinks, dragon's beard candy, bubble waffles, and much more.

Retail vendors bring together some of the hottest items and most unique accessories - including jewelry, clothing, cell phone accessories and everything you didn't know you needed - at inexpensive, street-side prices. The Richmond Night Market also offers a diverse array of entertainment every night, ranging from live performances to carnival games.
https://www.visitrichmondbc.com/365-days-of-dining/night-markets/

8.4 – Steveston Village

Picturesque Steveston Village offers historic charm, delicious eateries, unique boutiques, and the freshest seafood you can find! Sightseeing the heritage sights including Gulf of Georgia Cannery, Britannia Shipyards, or London Heritage Farm is a must. Or visit the bustling Fisherman's Wharf for the region's best fish and chips, then set sail on whale watching tour. From eco-tours, to fine dining Steveston Village is sure to impress.
https://www.visitrichmondbc.com/things-to-do/steveston-village/
https://www.visitrichmondbc.com/things-to-do/whale-watching/

8.5 – World Class Shopping

A shopping paradise! There are several world-class major centres in Richmond, BC. Richmond Centre, Lansdowne Centre, Abderdeen Centre and McArthur Glen Designer Outlets all lie within the North West of Richmond. Additionally, public transit easily connects Richmond to Tsawwassen Mills, Oakridge Mall, and Pacific Centre.
https://www.visitrichmondbc.com/things-to-do/shopping/shopping-centres/

8.6 – Highway to Heaven

Richmond's culturally diverse population is on display on No. 5 Road that has over 20 religious institutions including temples, mosques, churches and chapels. Within three kilometers, major centres of Buddhist, Muslim, Christian, Sikh, Jewish, and Hindu faith co-exist harmoniously. Many of these houses of worship welcome all visitors of any religion with open arms.

Four institutions stand out including the Tibetan Monestary, Jamea Mosque, Nanaskar Gurdikh Temple and International Buddhist Temple for their display of ritual, landscape, and architecture.
https://www.visitrichmondbc.com/things-to-do/spirituality/

9 – INFORMATION BULLETIN #3

The following information will be part of the information bulletin #3 which will be released as soon as the information is available:

- City Performance Information (schedule, floor plans and parade)
- Performance Assessment Form and Adjudication Process
- Workshop sign-up process
- Coach/Manager Reception
- Coach Professional Development Activity
- Possible lunch option

Rehearsals - Morning Group Block A
Richmond Oval
June 28, 2018

Times and start orders subject to change

7:45-11:30						
	Group	**Club**	**P/T**	**Type**	**Floor AG**	**Floor RG**
1	Calgary Gymnaestrada Team	Calgary Gymnaestrada Team	AB	Indoor	X	
2	Alberta Mosaic	Rhythmic Gymnastics Alberta	AB	Indoor		X
3	Rhythmicana	Rhythmicana	AB	Indoor		X
4	Oh Canada	Calgary Acro	AB	Indoor	X	
5	Central Alberta Rhythmic Gymnastics (CARGO) Demo Team	Central Alberta Rhythmic Gymnastics	AB	Indoor		X
6	Kamloops Gymnastics Trampoline Centre	Kamloops Gymnastics Trampoline Centre	BC	Indoor	X	
7	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	City	X	
8	SAS	Salta Gymnastics Club Medecine Hat	AB	Indoor	X	
9	Spruce Grove Aerials Performance Junior	Aerials Gymnastics	AB	City	x	
10	Gymtastics Troopers South	Gymtastics Gym Club	AB	Indoor	x	
11	Lion's Pride "Roar"	Lion's Pride Gymnastics Academy	BC	City	X	
12	Dynamos Senior Gymnastics Team	Capital City Gym Club	AB	Indoor	X	
13	Alberta North	Phoenix Gymnastics/Aerials Gymnastics/Salto Gymnastics	AB	Indoor	X	
14	Northern Lights	North Edmonton Gymnastics Club	AB	Indoor	X	
15	Splitz Gymnastics Performance Team	Splitz Gymnastics	BC	Indoor	X	
16	Illusions	Illusions Rhythmic Gymnastics	BC	Indoor		X
17	Flip City Flyers	Flip City Gymnastics	BC	Indoor	X	
18	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	Indoor	X	
19	Alpha Rhythmic Gymnastics Performing Team	Alpha Rhythmic Gymnastics Club	AB	City		X
20	Gymtastics Troopers North	Gymtastics Gym Club	AB	City	X	
21	NorGlen Rhythmics Gymnastics Club	NorGlen Rhythmics Gymnastics Club	AB	City		X
22	Airdrie Edge Demo Troupe	Airdrie Edge Gymnastics Club	AB	Indoor	X	
23	Calgary Gymnastics Centre	Calgary Gymnastics Centre	AB	City	X	
24	Central Alberta Rhythmic Gymnastics (CARGO) Demo Team	Central Alberta Rhythmic Gymnastics	AB	City		X
25	Lion's Pride "Roar"	Lion's Pride Gymnastics Academy	BC	Indoor	X	
26	Aerials Gymnastics Senior Performance	Spruce Grove Aerials Gymnastics	AB	City	x	
27	RG Comp Gymnaestrada Team	Capital City Gymnastics Centre	AB	City		X
28	Fire & Ice	Twisters Gymnastics Club	BC	Indoor	X	
29	Kamloops Gymnastics Trampoline Centre	Kamloops Gymnastics Trampoline Centre	BC	City	X	
30	Gymtastics Troopers South	Gymtastics Gym Club	AB	City	X	
31	Elena's RGC Performing Team	Elena's Rhythmic Gymnastics Club	AB	City		X
32	Phoenix Gymnaestrada Team	Phoenix Gymnastics Centre	AB	City	X	
33	Whistler Entourage	Whistler Gymnastics	BC	City	X	
34	Illusions	Illusions Rhythmic Gymnastics	BC	City		X

Rehearsals - Afternoon Group Block B
Richmond Oval
June 28, 2018

Times and start orders subject to change

13:15-17:00						
	Group	Club	P/T	Type	Floor AG	Floor RG
1	Dancing Jewels	South Cariboo Rhythmic Gymnastics	BC	Indoor		X
2	Sweet Dreams & Beautiful Nightmare	Delta Gymnastics Society	BC	Indoor	X	
3	Come Together	TAG Sports Centre	BC	Indoor	X	
4	Victoria Rhythmic Gymnastics Club	Victoria Rhythmic Gymnastics Club	BC	Indoor		X
5	Momentum Aerial and Acrobatic Troupe	Momentum Aerial and Acrobatic Troupe	MB	Indoor		X
6	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	Indoor	X	
7	Provincial Team	Ultra Rhythmics Club	BC	Indoor		X
8	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	Indoor	X	
9	Island Rhythmic Gymnastics Club	Island Rhythmic Gymnastics Club	BC	Indoor		X
10	Acro Performance	Quesnel Technics Gymnastics Club	BC	Indoor	X	
11	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	Indoor	X	
12	Lux	Adamo Rhythmic Gymnastics	SK	Indoor		X
13	Team Saskatchewan Gymnaestrada	Gymnastics Saskatchewan	SK	Indoor		X
14	Manitoba Fusion	Manitoba Fusion	MB	Indoor	X	
15	RGNB	Rhythmic Gymnastics New-Brunswick	NB	Indoor		X
16	TGI High Performance Gymnaestrada	Toronto Gymnastics International	ON	Indoor	X	
17	PAC Demo Group	Pickering Athletic Centre	ON	Indoor	X	
18	Aqsarniit Ujauttaq	Aqsarniit Ujauttaq	NU	Indoor	X	
19	TGI Adult Gymnaestrada	Toronto Gymnastics International	ON	Indoor	X	
20	Rhythmic Waves	Rhythmic Waves Gymnastics Club	ON	Indoor	X	
21	KRSG Gymnaestrada Team	Kanata Rhythmic Gymnastics Club	ON	Indoor		X
22	Pirouette RG	Pirouette Rhythmic Gymnastics Club	ON	Indoor		X
23	MRG Grace	Milton Rhythmic Gymnastics	ON	Indoor		X
24	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	City	X	
25	Provincial Team	Ultra Rhythmics Club	BC	City		X
26	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	City	X	
27	Victoria Rhythmic Gymnastics Club	Victoria Rhythmic Gymnastics Club	BC	City		X
28	Lux	Adamo Rhythmic Gymnastics	SK	City		X
29	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	City	X	
30	Island Rhythmic Gymnastics Club	Island Rhythmic Gymnastics Club	BC	City		X
31	PAC Demo Group	Pickering Athletic Centre	ON	City	X	
32	Team RRGC	Regina Rhythmic Gymnastics Club	SK	City		X
33	Team Prairie Ribbons	Prairie Ribbons Rhythmic Gymnastics	SK	City		X

Performance Day 1
Richmond Oval
June 29, 2018

Times and start orders subject to change

	Group Name	Club Name	P/T	Type	Floor AG	Floor RG
8:30-10:15						
1	Acro Performance	Quesnel Technics Gymnastics Club	BC	Indoor	X	
2	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	Indoor	X	
3	Alberta Mosaic	Rhythmic Gymnastics Alberta	AB	Indoor		X
4	Gymtastics Troopers South	Gymtastics Gym Club	AB	Indoor	x	
5	Island Rhythmic Gymnastics Club	Island Rhythmic Gymnastics Club	BC	Indoor		X
6	Oh Canada	Calgary Acro	AB	Indoor	X	
7	Airdrie Edge Demo Troupe	Airdrie Edge Gymnastics Club	AB	Indoor	X	
8	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	Indoor	X	
9	Central Alberta Rhythmic Gymnastics (CARGO) Demo Team	Central Alberta Rhythmic Gymnastics	AB	Indoor		X
10	Rhythmic Waves	Rhythmic Waves Gymnastics Club	ON	Indoor	X	
11	Provincial Team	Ultra Rhythmics Club	BC	Indoor		X
12	Dynamos Senior Gymnastics Team	Capital City Gym Club	AB	Indoor	X	
13	Victoria Rhythmic Gymnastics Club	Victoria Rhythmic Gymnastics Club	BC	Indoor		X
Break (10:15-10:30)						
10:30-12:00						
	Group Name	**Club Name**	**P/T**	**Type**	**Floor AG**	**Floor RG**
14	Come Together	TAG Sports Centre	BC	Indoor	X	
15	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	City	x	
16	MRG Grace	Milton Rhythmic Gymnastics	ON	Indoor		X
17	Flip City Flyers	Flip City Gymnastics	BC	Indoor	X	
18	Lux	Adamo Rhythmic Gymnastics	SK	Indoor		X
19	Calgary Gymnaestrada Team	Calgary Gymnaestrada Team	AB	Indoor	X	
20	Team Saskatchewan Gymnaestrada	Gymnastics Saskatchewan	SK	Indoor		X
21	PAC Demo Group	Pickering Athletic Centre	ON	Indoor	X	
22	Fire & Ice	Twisters Gymnastics Club	BC	Indoor	X	
23	Pirouette RG	Pirouette Rhythmic Gymnastics Club	ON	Indoor		X
24	Lion's Pride "Roar"	Lion's Pride Gymnastics Academy	BC	Indoor	X	
25	Rhythmicana	Rhythmicana	AB	Indoor		X
Lunch (12:00-13:00)						
13:00-15:00						
	Group Name	**Club Name**	**P/T**	**Type**	**Floor AG**	**Floor RG**
26	Momentum Aerial and Acrobatic Troupe	Momentum Aerial and Acrobatic Troupe	MB	Indoor		X
27	Phoenix Gymnaestrada Team	Phoenix Gymnastics Centre	AB	City	x	
28	Gymtastics Troopers South	Gymtastics Gym Club	AB	City	x	
29	Island Rhythmic Gymnastics Club	Island Rhythmic Gymnastics Club	BC	City		X
30	TGI High Performance Gymnaestrada	Toronto Gymnastics International	ON	Indoor	X	
31	Kamloops Gymnastics Trampoline Centre	Kamloops Gymnastics Trampoline Centre	BC	Indoor	X	
32	Illusions	Illusions Rhythmic Gymnastics	BC	Indoor		X
33	SAS	Salta Gymnastics Club Medecine Hat	AB	Indoor	X	
34	RGNB	Rhythmic Gymnastics New-Brunswick	NB	Indoor		X
35	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	Indoor	X	
36	Dancing Jewels	South Cariboo Rhythmic Gymnastics	BC	Indoor		X
37	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	Indoor	x	
38	Aqsarniit Ujauttaq	Aqsarniit Ujauttaq	NU	Indoor	X	

Break (15:00-15:15)						
15:15-17:00						
	Group Name	**Club Name**	**P/T**	**Type**	**Floor AG**	**Floor RG**
39	TGI Adult Gymnaestrada	Toronto Gymnastics International	ON	Indoor	X	
40	KRSG Gymnaestrada Team	Kanata Rhythmic Gymnastics Club	ON	Indoor		X
41	Alberta North	Phoenix Gymnastics/Aerials Gymnastics/Salto Gymnastics	AB	Indoor	X	
42	Provincial Team	Ultra Rhythmics Club	BC	City		X
43	Manitoba Fusion	Manitoba Fusion	MB	Indoor	X	
44	Northern Lights	North Edmonton Gymnastics Club	AB	Indoor	X	
45	RG Comp Gymnaestrada Team	Capital City Gymnastics Centre	AB	City		X
46	Sweet Dreams & Beautiful Nightmare	Delta Gymnastics Society	BC	Indoor	X	
47	Lux	Adamo Rhythmic Gymnastics	SK	City		X
48	Splitz Gymnastics Performance Team	Splitz Gymnastics	BC	Indoor	X	
49	PAC Demo Group	Pickering Athletic Centre	ON	City	X	
50	NorGlen Rhythmics Gymnastics Club	NorGlen Rhythmics Gymnastics Club	AB	City		X
51	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	City	X	
52	Lion's Pride "Roar"	Lion's Pride Gymnastics Academy	BC	City	X	
53	Team Prairie Ribbons	Prairie Ribbons Rhythmic Gymnastics	SK	City		X
54	Kamloops Gymnastics Trampoline Centre	Kamloops Gymnastics Trampoline Centre	BC	City	X	

Performance Day 2
Richmond Oval
June 30, 2018

Times and start orders subject to change

8:30-10:15						
	Group Name	**Club Name**	**P/T**	**Type**	**Floor AG**	**Floor RG**
1	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	Indoor	X	
2	Lux	Adamo Rhythmic Gymnastics	SK	Indoor		X
3	Splitz Gymnastics Performance Team	Splitz Gymnastics	BC	Indoor	X	
4	Alberta North	Phoenix Gymnastics/Aerials Gymnastics/Salto Gymnastics	AB	Indoor	X	
5	Victoria Rhythmic Gymnastics Club	Victoria Rhythmic Gymnastics Club	BC	City		X
6	Sweet Dreams & Beautiful Nightmare	Delta Gymnastics Society	BC	Indoor	X	
7	Calgary Gymnastics Centre	Calgary Gymnastics Centre	AB	City	X	
8	Lion's Pride "Roar"	Lion's Pride Gymnastics Academy	BC	Indoor	X	
9	RGNB	Rhythmic Gymnastics New-Brunswick	NB	Indoor		X
10	SAS	Salta Gymnastics Club Medecine Hat	AB	Indoor	X	
11	Alpha Rhythmic Gymnastics Performing Team	Alpha Rhythmic Gymnastics Club	AB	City		X
12	TGI High Performance Gymnaestrada	Toronto Gymnastics International	ON	Indoor	X	
13	Aqsarniit Ujauttaq	Aqsarniit Ujauttaq	NU	Indoor	X	
Break (10:15-10:30)						
10:30-12:00						
	Group Name	**Club Name**	**P/T**	**Type**	**Floor AG**	**Floor RG**
14	Momentum Aerial and Acrobatic Troupe	Momentum Aerial and Acrobatic Troupe	MB	Indoor		X
15	Nanaimo Gymnastics School	Nanaimo Gymnastics School	BC	Indoor	X	
16	Northern Lights	North Edmonton Gymnastics Club	AB	Indoor	X	
17	Team RRGC	Regina Rhythmic Gymnastics Club	SK	City		X
18	Oh Canada	Calgary Acro	AB	Indoor	X	
19	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	City	X	
20	Spruce Grove Aerials Performance Junior	Aerials Gymnastics	AB	City	X	
21	Central Alberta Rhythmic Gymnastics (CARGO) Demo Team	Central Alberta Rhythmic Gymnastics	AB	City		X
22	TGI Adult Gymnaestrada	Toronto Gymnastics International	ON	Indoor	X	
23	Elena's RGC Performing Team	Elena's Rhythmic Gymnastics Club	AB	City		X
24	Manitoba Fusion	Manitoba Fusion	MB	Indoor	X	
25	Aerials Gymnastics Senior Performance	Spruce Grove Aerials Gymnastics	AB	City	X	
26	Island Rhythmic Gymnastics Club	Island Rhythmic Gymnastics Club	BC	Indoor		X
27	PAC Demo Group	Pickering Athletic Centre	ON	Indoor	X	
Lunch (12:00-13:00)						
13:00-15:00						
	Group Name	**Club Name**	**P/T**	**Type**	**Floor AG**	**Floor RG**
28	Rhythmic Waves	Rhythmic Waves Gymnastics Club	ON	Indoor	X	
29	Pirouette RG	Pirouette Rhythmic Gymnastics Club	ON	Indoor		X
30	Okanagan Gymnastics Centre	Okanagan Gymnastics Centre	BC	Indoor	X	
31	KRSG Gymnaestrada Team	Kanata Rhythmic Gymnastics Club	ON	Indoor		X
32	Calgary Gymnaestrada Team	Calgary Gymnaestrada Team	AB	Indoor	X	
33	MRG Grace	Milton Rhythmic Gymnastics	ON	Indoor		X
34	Kamloops Gymnastics Trampoline Centre	Kamloops Gymnastics Trampoline Centre	BC	Indoor	X	
35	Illusions	Illusions Rhythmic Gymnastics	BC	Indoor		X
36	Gymtastics Troopers South	Gymtastics Gym Club	AB	Indoor	X	
37	Alberta Mosaic	Rhythmic Gymnastics Alberta	AB	Indoor		X
38	Whistler Entourage	Whistler Gymnastics	BC	City	X	
39	Victoria Rhythmic Gymnastics Club	Victoria Rhythmic Gymnastics Club	BC	Indoor		X
40	Team Saskatchewan Gymnaestrada	Gymnastics Saskatchewan	SK	Indoor		X

Break (15:00-15:15)						
15:15-17:00						
	Group Name	**Club Name**	**P/T**	**Type**	**Floor AG**	**Floor RG**
41	Flip City Flyers	Flip City Gymnastics	BC	Indoor	X	
42	Fire & Ice	Twisters Gymnastics Club	BC	Indoor	X	
43	Central Alberta Rhythmic Gymnastics (CARGO) Demo Team	Central Alberta Rhythmic Gymnastics	AB	Indoor		X
44	Dynamos Senior Gymnastics Team	Capital City Gym Club	AB	Indoor	X	
45	Airdrie Edge Demo Troupe	Airdrie Edge Gymnastics Club	AB	Indoor	X	
46	Provincial Team	Ultra Rhythmics Club	BC	Indoor		X
47	Come Together	TAG Sports Centre	BC	Indoor	X	
48	Britannia Gymnastics Club	Britannia Gymnastics Club	BC	Indoor	X	
49	Bowen Island Gymnaestrada Team	Bowen Island Gymnastics	BC	City	X	
50	Rhythmicana	Rhythmicana	AB	Indoor		X
51	Acro Performance	Quesnel Technics Gymnastics Club	BC	Indoor	X	
52	Gymtastics Troopers North	Gymtastics Gym Club	AB	City	X	
53	Dancing Jewels	South Cariboo Rhythmic Gymnastics	BC	Indoor		X
54	Illusions	Illusions Rhythmic Gymnastics	BC	City		X

Oval A-Board or Black Pad Border

Gymnaestrada A-Board

Power /IT

1st Aid Tent

1st Aid Table

DN

Climbing Wall

Climbing Wall Pads

Equipment and Athlete Holding

Ground Rigged Screen

10ft

SPORT TENANT 2064

SPORT TENANT 2065

SPORT TENANT 2086

ACTIVITY AREA 2085

I.T. 2063a

ELEC. ROOM 2063

CIRCULATION 2040

STAIR NO. 7

UP

DN

Climbing Desk

7ft

Vendors

12m x 12m
40ft x 40 ft

12m x 12m
40ft x 40 ft

Floor Seated
Media Scrum

Grand Stand

Concession

Camera Tower

8ft Drape Line
With Fence

Vendors

Spectator Entrance
Box Office in Lobby

HOOP

BLUE PAD

Participant Entrance
Security Controlled

To Crt 3
7000 Sq Ft
Warm Up Area
P&D for privacy

RICHMOND OLYMPIC OVAL

Track Zone

Gymnaestrada RFP V2 West Wall