



# Women's Artistic Gymnastics International Invitational

May 9-12, 2024

Workplan #1 (as of Dec 3, 2023)

|                         |   |
|-------------------------|---|
| <p><b>VENUE</b></p>     | <p><b>KF Centre for Excellence</b><br/>5800 Lapointe Drive, Kelowna, BC</p>  |
| <p><b>HOST CLUB</b></p> | <p><b>Kelowna Gymnastix</b><br/>225-1891 Springfield Rd<br/>Kelowna, BC, CANADA<br/>V1Y 5V5<br/>778 484-7570</p>  |
| <p><b>CONTACT</b></p>   | <p>Heather Ivanitz<br/><a href="mailto:wagteam@kelownagymnastix.ca">wagteam@kelownagymnastix.ca</a></p>   |

|   |   |            |       |           |
|---|---|------------|-------|-----------|
| <b>REGISTRATION FEES</b>                | Registration before March 15  |            |       |           |
|   | <table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">CCP &amp; Xcel</td> <td style="width: 50%; text-align: right;">\$150</td> </tr> <tr> <td>Interclub</td> <td style="text-align: right;">\$150</td> </tr> </table>   | CCP & Xcel | \$150 | Interclub |
| CCP & Xcel                              | \$150   |            |       |           |
| Interclub                               | \$150   |            |       |           |
| <b>REGISTRATION FEES</b>                | Registration after March 16-April 30  |            |       |           |
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| CCP & Xcel                              | \$165   |            |       |           |
| Interclub                               | \$165   |            |       |           |
| <b>REGISTRATION FEES</b>                | <p>Club payments only. No individual payments.</p> <p><b>All fees paid in Canadian Dollars</b></p> <p><b>E-transfers</b> can be sent to <a href="mailto:bruce@kelownagymnastix.ca">bruce@kelownagymnastix.ca</a><br/>Please use password Grizzly</p> <p><b>Cheques</b> mailed to 225-1891 Springfield Rd, Kelowna, BC V1Y 5V5</p> |            |       |           |
| <b>COACH REGISTRATION</b>               | <p>On or before Feb 15<br/>\$25 Per Coach</p> <p>Between Feb 16 onward<br/>\$30 per coach</p>   |            |       |           |
| <b>ARTISTIC GYMNASTICS REGISTRATION</b> | <p>The Grizzly Invitational registration is available on K-Score</p> <p><a href="#">Kscore Registration</a></p>   |            |       |           |
| <b>CATEGORIES</b>                       | <p><b>WOMEN'S ARTISTIC</b></p> <p>Interclub Performance &amp; Performance Plus<br/>CCP 1-10<br/>Xcel Bronze, Silver, Gold, Platinum, Diamond</p>  |            |       |           |
| <b>REFUNDS AND WITHDRAWALS</b>          | <p>Refunds will be issued if Kelowna Gymnastix receives a medical note dated prior to the competition event.<br/>Medical notes must be received within 7 days of the competition date.</p> <p>A \$20 administration fee will be withheld for all withdrawals after the Feb 15 deadline.</p>                                       |            |       |           |

**ATHLETE GIFT**

All athletes will receive a Gym Gear Leotard Size to be included with registration



**AWARDS**

**Grizzly Bear Stuffed Animal** for All Around Winners

**CCP 1 & 2 (all ages)**

Gold, Silver, Bronze ribbons & All Around medal

**CCP & Xcel**

Medals for 1<sup>st</sup>-3<sup>rd</sup>

Ribbons for 4<sup>th</sup>-10<sup>th</sup>

Medals for All Around

Special Event Awards

**Interclub**

Comments & Medal

Special Awards

There will be no tie breaking or skipping ties

**Graduation Recognition**

**Kelowna Gymnastix would like to recognize all grade 12 graduates.**

**SPECIAL EVENTS**

**LEVEL UP!**

Athletes are welcome to try new skills by leveling up their routines without any restrictions.

Examples:

1. A level 3 athlete can compete 2 back handsprings in their floor routine
2. A level 4 athlete can compete a flyaway on bars or a back walkover on beam.
3. A level 5 athlete can compete a layout on floor
4. Hosts are also open to other proposals!

Regular execution will still apply