



## **Vancouver Phoenix Gymnastics Masters Meet 2010**

*Vancouver Phoenix Gymnastics would like to cordially invite you to attend the club's annual adult competition.*

**Date:**

Saturday, May 1<sup>st</sup>, 2010

**Location:**

Vancouver Phoenix Gymnastics  
4588 Clancy Loranger Way  
Vancouver, BC V5Y 4B6  
(Beside the Nat Bailey Stadium)

***Register early as spaces will be limited!!***

**Eligibility:**

Registrants must be at least 18 years of age and have NOT been enrolled in competitive gymnastics for at least one year.

Participants must be registered with Gymnastics BC as recreational athletes.

**★ *Cash bar available for spectators and during the adult social - to follow in the evening after the competition. ★***

## **Events:**

Phoenix will feature twelve events that athletes can participate in. Athletes may compete in as many events as they wish, regardless of gender specifications (i.e. women can compete on men's events and vice-versa).

### **Athletes Can Compete in the Following Events:**

#### Women's Artistic Gymnastics

Women's Floor Exercise (with music)

Uneven Bars

Balance Beam

Vault

#### Men's Artistic Gymnastics

Men's Floor Exercise

Vault

Parallel Bars

High Bar

Pommel Horse

Rings

#### Trampoline Gymnastics

Trampoline

Fast Track

*Please refer to the Adult Competitive Gymnastics & Trampoline Program document (attached) for requirements on each apparatus.*

## Registration and Fees:

<b>Deadlines</b>	<b>Fee</b>
Before January 29, 2010	\$60.00
January 30 - April 16, 2010	\$75.00

### **Levels:**

Participants must register their level for each event on the registration form.

### **Level 1 & 2**

Athletes will be judged and ranked to tenth place on each event. Scores will be judged out of 10 with bonuses awarded for stuck landings and the inclusion of old-school skills.

### **Age Categories:**

- Under 30
  - 30 and even better
  - 40 and fabulous
- (categories may be combined depending on registrations)

### **Schedule:**

The competition schedule will be emailed to athletes once registration has been closed. The competition will be held on the evening of Saturday, May 1st, 2010 with the awards ceremony and adult social to follow.

## **Awards**

All participants will receive an unforgettable event T-shirt.  
Competition awards will be presented up to 10<sup>th</sup> place on all events.

### **Special Awards:**

#### Special Comedic Award:

- May be awarded on any event in any age category or Level

#### Choreography Award:

- Women's Floor Exercise - Best choreography and dance

#### Pizzazz Award

- May be awarded on any event in any age category or Level

#### The Big Ten:

- Athletes who compete in at least 10 events during the competition will receive a special award, regardless of the level at which they compete

*Please note: As this is an adult event, awards will include beverages of the grown up variety.*

*Please complete the included registration form for each individual and submit prior to January 29th 2010 for guaranteed attendance.*

*Registrations can be faxed to (604) 737.3626 or emailed to Mary Morice at [mary@phoenixgymnastics.com](mailto:mary@phoenixgymnastics.com)*

If you have any questions, please contact Mary Morice at (604) 737-7693 ext. 24 or email at [mary@phoenixgymnastics.com](mailto:mary@phoenixgymnastics.com)



## Vancouver Phoenix Gymnastics Masters Meet 2009

Athlete Name: \_\_\_\_\_ Age: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

T-Shirt Size: YL YXL AXS AS AM AL AXL

Please indicate if you will be participating in each event, and at which level

Events	Participating (Y/N)	Level 1	Level 2
<b>Women's Artistic Gymnastics</b>			
Vault			
Uneven Bars			
Balance Beam			
Floor Exercise			
<b>Men's Artistic Gymnastics</b>			
Floor Exercise			
Pommel Horse			
Rings			
Vault			
Parallel Bars			
High Bar			
<b>Trampoline Gymnastics</b>			
Trampoline			
Fast Track			

Club representing: \_\_\_\_\_

Club Phone #: \_\_\_\_\_ Club Email: \_\_\_\_\_

*It is understood that refunds requested after Jan 29<sup>th</sup> will be for medical reasons only and will be subject to a \$20.00 administrative fee.*