



December 10, 2009

Dear friends from Canada,

It is with great pleasure that we invite you this year, to compete at **L'INTERNATIONAL GYMNIX 2010**, which will be held from March 3rd to 7th, in Montreal, Canada. Give your gymnast the opportunity to experiment a full podium setting and join our friends from all around the world in order to compete in our world class friendly meet in women's artistic gymnastics.

This year we will have three international components to L'International Gymnix: a World Cup event with the second Montreal World Cup, the Junior Team Cup and the International Cup.

Athletes members of the Canadian Youth, Junior or Senior National Team as of January 4th 2010 as well as HP athletes ranked in the top half AA or medalist of the Junior and Senior categories at Elite Canada are more than welcome to compete in our international individual competition, the INTERNATIONAL CUP.

If you want to secure a spot for your athletes in the International Cup or in the National Open category, you **MUST** register them **online** by the deadline. Priority will be given to Senior and Junior national team members and we expect to be able to take **HP athletes ranked in the top half AA or medalist of the Junior and Senior categories at Elite Canada.**

Attached, you will find the technical package for the competition. If you require further information, please contact **L'International Gymnix 2010 Organizing Committee**. Deadline for registration: **January 11th 2010**. The online registration system will be available for the International Cup. We will not accept any paper/cheque registrations. You will find more information below.

Best regards,

Katerine Dussault
Technical Director
L'International Gymnix 2010
kdussault@gymnix.ca



L'INTERNATIONAL GYMNIX 2010
INTERNATIONAL CUP
 Competition rules and format

COMPETITION	INTERNATIONAL CUP
CATEGORY	Born in 1997 and older
INVITATION	COUNTRIES AND CLUBS WITH INDIVIDUAL ATHLETES
# ATHLETES	Max 28 athletes with priority to best athletes
COMPETITION FORMAT	DAY 1: AA final and Qualification for apparatus finals DAY 2: Apparatus Finals
FIG CODE	Day 1: FIG I (2 vaults for Vault qualification) Day 2: FIG III
PARTICIPATION IN APPARATUS FINALS	8 athletes Top 7 per apparatus + 1 at the discretion of the O.C.
AWARDS FOR INDIVIDUAL	Top 3 All Around Top 3 per apparatus



OVERALL SCHEDULE

Wednesday, March 3rd	Podium training
Thursday, March 4th	Warm-up and competition from approx 5:00 p.m. to 10:00 p.m. - All-Around Finals and Apparatus Qualifications
Friday, March 5th	Training (Free access to accredited athletes and coaches to watch the World Cup Qualification competition)
Saturday, March 6th	Warm-Up and competition from approx. 19:00 to 22:00 - Apparatus Finals
Sunday, March 7th	Departure

ACCOMMODATION

Information about hotels available on our website, www.gymnix.com

Please take note that the Saint-Martin Hotel has been fully booked for the World Cup delegations. We are sorry for the inconvenient .

VENUE, EQUIPMENT, TRAINING AND MUSIC

- The inside track and field area of the Complexe Sportif Claude-Robillard, 1000 Émile-Journault, Montréal.
- Free parking
- FIG approved competitive equipment from GYMNOVA. Podium for all four apparatus
- Training in Gymnix facility and a separate warm-up gym.
- CD only for floor music

PLEASE CONTACT US TO RECEIVE MORE INFORMATION:

L'INTERNATIONAL GYMNIX 2010
Marie-Hélène Claveau, Technical Coordinator
1000, Émile-Journault Est, Montréal,
Qc, Canada H2M 2E7

Web site: www.gymnix.com
Email: international@gymnix.ca
Fax: 514-872-1590
Phone: 514-872-1536



REGISTRATION

Please read carefully the instructions to make sure your athlete's registrations are complete. The list of participants, judge's sheets, competition program and results will be made according to the info you enter in the online registration system.

To access the registration page:

1. Go on the Gymnix website : www.gymnix.com
2. Click on the **International Gymnix** link in the right top corner.
3. Click on the **Inscription en ligne** link.

Steps to registration:

1. Follow the instructions to register your user name
2. Open your session with your username and password
3. Register the person in charge of the payment and the club or country in the **add a person(adult)** section.

Coach's registration :

1. Click on **add an adult** in the section **add person**.
2. Fill all the info (not with the coach's info but the club's info)
3. Register all your coaches.

Athlete's registration :

1. Click on **add a child** in the section **add person**.
2. Fill the **athlete** section (the **Club/Country Information** part will be ok, if you register the club's or country's responsible first)
3. Register all your athletes.
4. Click on **next step**
5. Check the square : **Check here to accept conditions**.
6. Click on **confirm**.

Choose the category

(INTERNATIONAL CUP for athletes and ENTRAÎNEUR INTERNATIONAL for coaches):

1. Click on the good category
2. Click on **Register person**
3. Click on the athletes or coaches you want to register in this category
4. Click on **CHECK OUT**

It's time to pay !

1. Complete the payment section (**credit card only**)
2. Check the square : **I confirm**
3. Click on **confirm** (Please be aware that a 6% tax is applied on each payment)

If you want to register some of your provincial or national athletes in the Classique Gymnix, please look for all the info in the registration package on our website: www.gymnix.com.



DEADLINES

JANUARY 11TH, 2010

Registration's deadline

Deadline for withdrawals without medical reasons

WITH REFUND

(Later on, no refund for withdrawals without medical reasons)

FEBRUARY 8TH, 2010

Deadline for withdrawals for medical reasons

(with medical certificate) **WITH REFUND**

FEES

Withdrawal without medical reasons

Before January 11 th	=	Refund
After January 11 th	=	No refund

Withdrawal with medical reasons (with medical certificate):

Before February 8 th	=	Complete refund
After February 8 th	=	No refund



ANNEX

Registration cancellation form (with or without refund)

Cancellation for medical reason and refund request.

- Refund requests for a medical reason must be accompanied by a medical certificate, made in writing, signed and faxed to (514) 872-1590.
- The deadline for refund requests due to an injury or illness is February 8th, 2010.
 - A 10\$ fee will be charge for all medical refund requests after January 11th, 2010.
 - Refund will be mailed to you within 10 business days following the competition.

Cancellation for non medical reasons and refund requests

- Refund requests for non medical reasons must be made in writing, signed and faxed to (514) 872-1590, **no later than January 11th, 2010.**
- No refund for other than medical reasons will be made after January 11th, 2010.

Club Information			
Club			
Contact person			
Mailing address			
Phone number			
Athlete Information			
Name			
Birthdate		Category	

Date : _____

Head-coach's signature _____