






2018 WESTERN REGIONAL CHAMPIONSHIPS

RHYTHMIC GYMNASTICS

DIRECTIVE

CANADA GAMES SPORT FOR LIFE CENTRE
145 PACIFIC AVENUE
WINNIPEG, MANITOBA
APRIL 19-22, 2018

<p>ORGANIZING COMMITTEE</p>	<div style="display: flex; align-items: flex-start;">  <div> <p>Rhythmic Gymnastics Manitoba 145 Pacific Avenue Winnipeg, Manitoba Phone: 204-925-5739 E-mail: rgm.ed@sportmanitoba.ca</p> <p>Host clubs: Rhythmic Royals, WRC Chair: Lynne Coughlan</p>  <p>HPTC International: WRC Chair: Elena Kurakin</p>  </div> </div>
<p>DATE</p>	<p>April 19-22, 2018</p>
<p>COMPETITION VENUE</p>	<p>Canada Games Sport for Life Centre 145 Pacific Avenue, Winnipeg MB</p> <p>Parking: There is paid underground parking at the venue. Street parking is \$1/hour and free on evenings and weekends.</p> <div style="display: flex; align-items: center;">   </div>

REGISTRATION & DEADLINES

Registration and Form submission Deadlines

Registration Deadline	March 23, 2018
100% Payment of Registration	March 23, 2018
P/TO Statutory Declaration Deadline (for waivers, medical forms and image release forms)	March 23, 2018
Late Individual Registration Deadline with Penalty and no refund	April 4 th , 2018
Refund Deadline- Registration	April 4 th , 2018
Music Submission	April 4 th , 2018
Script Submission	April 4 th , 2018
Itinerary Form	March 30 th , 2018

Registration fees PAYABLE TO RHYTHMIC GYMNASTICS MANITOBA:

- Provincial Level Athletes \$155.00
- National Level Athletes \$170.00
- Athletes competing both Individual and Group – Add \$20.00 to provincial/national individual fee
- Coaches: \$50.00
- Managers: \$50.00
- Judges: \$85.00

Completed Registration Checklist

- ✓ **#1-** The Excel Registration Spreadsheet is submitted electronically to RGM at rgm.ed@sportmanitoba.ca by the set deadline. See attached document for Registration Spreadsheet.
- ✓ **#2-** 100% payment of the Registration, along with a hard copy of the FINANCIAL INFO tab of the Excel Registration is RECEIVED at the RGM office by the set deadline.

Cheque made payable to: **Rhythmic Gymnastics Manitoba**

Package to be mailed to:
Rhythmic Gymnastics Manitoba
Attn: Laura Thomas
145 Pacific Avenue Winnipeg MB R3B2Z6

- ✓ **#3-** Each P/TO must submit their Statutory Declaration (for waivers and medical forms) by the set deadline to the RGM office: Attn: Laura Thomas

Definition of Late Provincial Entry Penalty

A Provincial/Territorial Federation/Association will be charged the Late Provincial Entry Penalty if the above mentioned checklist items #1, 2, 3 and/or 4 is not fulfilled by the set deadline.

Refund Policy

Written request for refund to be made to the attention of Laura Thomas until April 6th. After this date, there will be NO reimbursement of the registration fees without exception

(injuries included).

DRAFT SCHEDULE

Provisional Schedule

Wednesday April 18

Morning - Set-up

Afternoon – Timed carpet access for National Stream athletes

7:00 PM - Judges' Technical Meeting

7:30 PM - Coaches'/Managers' Technical Meeting

8:00 PM - 9:00 PM - Coaches'/Judges' Reception

Thursday			
8:30	10:00	3B (2 routines)	1:30
10:00	10:20	Break	0:20
10:20	11:35	3C (2 routines)	1:15
11:35	11:55	Break	0:20
11:55	13:25	Novice (2 routines)	1:30
13:25	14:10	Lunch	0:45
14:10	15:25	Junior Flight A (2 routines)	1:15
15:25	15:45	Break	0:20
15:45	17:00	Junior Flight B (2 routines)	1:15
17:00	17:20	Break	0:20
17:20	18:40	Senior (2 routines)	1:20
18:40	19:10	Break/Group Timed W/U	0:30
19:10	21:00	Groups (2 routines)	1:50

Saturday			
8:30	10:30	4B (2 routines)	2:00
10:30	10:50	Break	0:20
10:50	12:05	4C (2 routines)	1:15
12:05	12:50	Lunch	0:45
12:50	14:35	5B (2 routines)	1:45
14:35	14:55	Break	0:20
14:55	16:25	5C (2 routines)	1:30
16:25	16:45	Break	0:20
16:45	18:20	6B (2 routines)	1:35
18:20	18:40	Break	0:20
18:40	19:45	6C (2 routines)	1:05

Friday			
8:30	9:55	3B/3C (1 routine)	1:25
9:55	10:15	Break	0:20
10:15	11:45	Novice (2 routines)	1:30
11:45	12:30	Lunch	0:45
12:30	13:45	Junior Flight A (2 routines)	1:15
13:45	14:05	Break	0:20
14:05	15:20	Junior Flight B (2 routines)	1:15
15:20	15:40	Break	0:20
15:40	17:00	Senior (2 routines)	1:20
		(banquet)	

Sunday			
8:30	9:30	4B (1 routine)	1:00
9:30	9:50	Break	0:20
9:50	11:05	4C (2 routines)	1:15
11:05	11:50	Lunch	0:45
11:50	13:30	5B/5C (2 routine)	1:40
13:30	13:50	Break	0:20
13:50	15:10	6B/6C (1 routine)	1:20

EVENT TRANSPORTATION

Delegations are responsible for their own transportation.

The Radisson hotel offers an airport shuttle to and from the airport. You will need to make arrangements upon reservation. Judges: Make arrangements with the Radisson hotel for the Airport shuttle upon making your reservation.

	Transportation will be provided to judges to/from the competition venue on competition days to judges staying at the host hotel.
HOST HOTEL	<p>Radisson Hotel 288 Portage Avenue, Winnipeg, MB (1km from competition venue) Phone: 204.956.0410 or 1.800.339.5238 Reservation Code: 530040 When calling, please let them know you are calling for a Rhythmic Gymnastics Manitoba booking to get the rate. Room rate: \$119.00 for 2 double bed rooms.</p> <ul style="list-style-type: none"> • The Radisson provides complimentary high speed internet in all guestrooms as well as meeting space. • The Radisson provides complimentary shuttle to and from the airport, anywhere downtown upon reservation • New Starbucks store and cafe in the Lobby • 24/7 Gym with steam room, In-room dining, Security and Business center • An indoor pedway directly to many downtown attractions • Club Carlson points for Events and Guest rooms <p>Please book the Radisson Hotel by March 16th.</p>
MEALS	<p>Delegations are responsible for their own meals.</p> <p>The organizing committee will serve meals to judges only during competition.</p> <p>Snacks and drinks will be available to the coaches during competition.</p>
ACCREDITATION	<p>The accreditation system consists of colour coded categories and access zones on a badge individualized for each individual. RGM reserves the right to take away any accreditation if the rules are not followed.</p> <p>Accreditation will be distributed by club. The accreditation must be worn to access the venue, the competitive and training areas and the hosting areas.</p>
MEDICAL	<p>Manitoba Athletic Therapists' Association will be at the competition venue. Doctors and dentists will be on call.</p> <p>Sport Medicine Clinic is on site and a variety of services can be booked by individuals but they must be booked in advance. Fees may apply but many services are covered through extended health coverage plans. For more information please visit https://www.sportmanitoba.ca/medicine-centre</p>
PROTOCOL & AWARDS	<p><u>Individuals:</u> Top 8 All-Around all categories Top 8 Apparatus all categories</p> <p><u>Groups:</u> Top 8 RGG Development Stream, Novice, all groups of ¾ – AA (one routine performed twice)</p> <p>Top 8 All-Around Junior & Senior groups of 5 (two routines performed once)</p>

<p>Music</p>	<p><u>Athlete Dress Code for Award Ceremonies:</u> Competitive Leotard, toe slippers.</p> <p>We will be playing all music from a computer set list and only use CD as backup. Music must be submitted by the Music deadline date (April 4th), to allow it to be checked.</p> <p>Please follow the instructions below:</p> <ol style="list-style-type: none"> 1. Create a folder with all of the music submissions for your province using the two letter province code and the clubs' name as the folder name. Example AB-Chinook 2. All music files must be named as follows (If music submission does not conform to the stated naming convention, it will be rejected.): Music file name consist of 3 parts with the first 2 being mandatory to match to rotation order (Note: upper/lower case are both fine and hyphens are optional only for readability): <ol style="list-style-type: none"> a. first name followed by last name of gymnast as registered. The system does not translate from Elizabeth to Beth or Elizabeth with an S. (Groups names must be self-explanatory). b. apparatus (i.e. free, rope, hoop, ball, clubs, ribbon) c. (Optional) - level, province, title and name of song. <p>Eg. "Jane Doe - Hoop - Novice AB – Be My Girl.mp3" or "Jane Doe - Hoop your own text.mp3" are both acceptable.</p> <p>Note: Only mp3 and wma files are supported as other files may not be playable on all platforms of Windows and wav files are too large to work with when there are so many competitors.</p> <ol style="list-style-type: none"> 3. The music files should be sent via any of the major file share services (e.g. dropbox, google drive, skydrive) 4. Please email rhythmic@sportmanitoba.ca after your music has been submitted.
<p>SCRIPTS</p>	<p>A hard copy of free scripts must be received at the RGM offices by Wednesday April 4th, 2018.</p> <p><u>Late Scripts:</u></p> <ul style="list-style-type: none"> - <u>No late scripts will be accepted and no changes will be made.</u> - Scripts cannot be changed after the Technical/Judges Meeting.
<p>VIDEOS</p>	<p>Videos will be posted at the end of the day on our YouTube channel: https://www.youtube.com/user/RhythmicManitoba</p>
<p>APPENDICES</p>	<p>Appendix 1: Itinerary Form</p>

APPENDIX 1: ITINERARY FORM

This is essential information in order to plan the practice times efficiently. Please take the time to carefully fill it out, and advise the Meet Director immediately of any changes or adjustments. Also, please indicate if there will be judges traveling with your group.

PROVINCE :	CLUB :
CONTACT NAME :	PHONE # :
FAX # :	EMAIL :

ARRIVAL INFORMATION:

Arrival Date	Airline/Train/Car	Flight #	Arrival Time

DEPARTURE INFORMATION:

Departure Date	Airline/Car	Flight #	Departure Time

Please return to Laura Thomas rgm.ed@sportmanitoba.ca by March 30th.

This form is to accompany any request for specific training times.