



2013 Eastern Canadian Gymnastics Championships

MAG / T&T / WAG
May 9th – 12th, 2013

St. John's Newfoundland & Labrador

Bulletin #1

**all information in Bulletin #1 is subject to change and will be confirmed in Bulletin #2*

GENERAL INFORMATION ALL PARTICIPANTS

The organizing committee, along with Gymnastics Newfoundland and Labrador, are pleased to welcome athletes, coaches and officials to the 2013 Eastern Canadian Gymnastics Championships.

You will find below important information regarding your preparation for this competition, which will bring together Women's and Men's Artistic Gymnastics, as well as Trampoline sports.

A warm welcome to all!

DATES:

May 9th – 12th, 2013

May 9th: Teams' arrival and training

May 10th – 11th: Competitions

May 10th: Opening Ceremonies – immediately preceding the start of the second session

May 11th: Closing Banquet

May 12th: Teams' departure

COMPETITION VENUE: NL Sports Center

Crosbie Road

St. John's, NL

INFORMATION FOR FAMILY AND FRIENDS

TRANSPORTATION: Hosts Suggested Car Rental Companies

Quote Eastern Canadian Gymnastics Championships when calling.



ACCOMMODATION: Suggested Hotel

Ramada
 102 Kenmount Road
 St. John's, NL
 Tel: 709-722-9330
 Email: info@ramadastjohns.com

Group Rate: "Eastern Canadian Championships"

TICKETS: Entry fees are as follows:

	Day Pass	Weekend Pass
Adult	\$10.00	\$15.00
Student (6-16)	\$5.00	\$8.00
Children Under 6	Free	Free

INFORMATION FOR COACHES/JUDGES

TRANSPORTATION: Transportation for Team Coaches, Managers and Judges is provided from Toronto.

EQUIPMENT: The official equipment supplier for the event is SA Sport.

TECHNICAL MEETING: A mandatory technical meeting will take place on Thursday May 9th for all disciplines, time to be communicated.

TRAINING TIMES: Training times will be communicated in Bulletin #2.

MEDICAL: An Emergency Medical Technician, together with a qualified Physiotherapist will be available at all times during training and competition sessions. An all call Doctor as well as a chiropractor will also be made available.

CLOSING SOCIAL: Coaches, officials and support staff that are not required to attend the athlete's banquet as managers will be invited to attend a social on Sunday May 13th. The time, place and format of the evening will be detailed in Bulletin #2.

JUDGE AND COACH MEALS:

The judges' meals (5) will be served in the Swilers Complex adjacent to the Sport Center. There will be a coaches room located on the main floor of the venue for refreshments and snacks, at no charge, throughout the two day event. Judges will also have access to Breakfast and Dinner at Memorial University.

COACHES

ACCOMMODATIONS: Coaches will reside at Memorial University. There is also an option to register for this event and stay separately.

JUDGES

ACCOMMODATIONS: Judges Accommodation will be at Memorial University