

2010
WESTERN
CANADIAN
GYMNASTICS
CHAMPIONSHIPS

Gymnastics
Saskatchewan



SaskEnergy
WESTERNS

BULLETIN 3

APRIL 6, 2010

<http://gym-score-depot.ca/Westerns-2010/>

ORGANIZING COMMITTEE

Event Chairs	Cheryl Russell, Klara Miller
Technical	Karen Swanson, Sharon Crook
Results & Website	Stu Cram
Facility & Equipment	Lorne Templeton, Mark Kurmey
Delegate Services	Cheryl Russell, Melissa Clark, Gina Resler
Logistics	Dale Reed, Cliff McArthur, Sharon McArthur
Marketing & PR	Sherie Franklin, Alynn Brischuk, Jayleen Groff, Mark Mulatz
Medical	Kelly Lang
Volunteers	Tammy Uhersky, Kelly Brodner
Awards & Protocol	Pat Mulatz, Peggy Cram

COMPETITION VENUE

Callie Curling Club
2225 Sandra Schmirler Way
www.callieclub.com

HOST HOTEL

Travelodge
4177 Albert Street
www.travelodgeregina.com

The competition floor space in the venue will be very tight. We ask for your cooperation in keeping athletes in the athlete areas.

EQUIPMENT

All equipment (AAI) will be supplied by Northern Athletic. **No other equipment is allowed.** Please visit the Westerns website for a list of equipment for sale.

ADMISSION AND TICKETS

Tickets and event passes will be available the door.
Ticket prices: \$8 per session or \$15 per day.
Programs: \$5 each.

SCHEDULE AND TECHNICAL

BRIEF OPENING CEREMONIES WILL TAKE PLACE AT 6 PM ON FRIDAY. PLEASE HAVE ALL YOUR TEAM MEMBERS IN ATTENDANCE.

DATE	TIME	MEN'S ARTISTIC	WOMEN'S ARTISTIC
Thursday, April 29, 2010	9:00 am – 11:30 am	Training Team Sask	Training Team Sask
	11:30 am – 2:00 pm	Training Team Manitoba	Training Team Manitoba
	2:00 pm – 4:30 pm	Training Team Alberta, Team Yukon	Training Team Alberta, Team Yukon
	4:30 pm – 7:00 pm	Training Team BC, Team NWT	Training Team BC, Team NWT
	8:00 pm – 8:30 pm	Technical Meeting Travelodge Hotel Arlington Room	
	8:00 pm – 12:00 am	Coaches and Officials Social Travelodge Hotel Burlington Room	
Friday, April 30, 2010	8:00 am – 8:30 am		CPP NOVICE & OPEN Warm Up (20 x 2 panels)
	8:30 am – 11:00 am		CPP NOVICE & OPEN Competition
	11:00 am – 1:00 pm	ARGO & LEVEL 4 AA Warm Up (45) (off the floor by 12:30 when girls will begin warm up)	
	12:30 pm – 1:00 pm		NATIONAL NOVICE Warm Up (19)
	1:00 – 4:30 pm	ARGO DAY 1 & LEVEL 4 AA Competition	NATIONAL NOVICE Competition
	4:30 pm – 6:00 pm	OPEN TEAM (includes National Youth and Open AA) Warm Up (43)	
	5:30 pm – 6:00 pm		NATIONAL OPEN Warm Up (23)
	6:00 PM	OPENING CEREMONIES	OPENING CEREMONIES
	6:00 pm – 10:00 pm	OPEN TEAM (includes National Youth and Open AA) Competition	NATIONAL OPEN Competition

DATE	TIME	MEN'S ARTISTIC	WOMEN'S ARTISTIC
Saturday, May 1, 2010	8:00 am – 8:30 am		CPP TYRO (14) & PRE-NOVICE (18) Warm Up
	8:30 am – 12:00 pm		CPP TYRO & PRE-NOV Competition (2 panels)
	12:00 pm – 1:30 pm	EVENT FINALS Warm Up	EVENT FINALS Warm Up
	1:30 pm – 5:30 PM	EVENT FINALS Competition Argo, Level 4, National Youth, National Open	EVENT FINALS Competition National Novice, National Open CPP Novice, CPP Open
	7:00 pm – 8:00 pm	Westerns Technical Review Meeting Travelodge Hotel Coach Room	
	8:00 pm – 12:00 am	Athletes Closing Party Travelodge Hotel Imperial Room Adults Closing Party Travelodge Hotel Arlington Room	
Sunday, May 2, 2010	Team Departure		

MAG WARM UP

Argo and Level 4 men will receive a 2 hour general warmup and National Youth and Open men will receive 90 min general warmup. They must complete their floor warmup before the final 30 mins of this block so the women can begin general warmup on the floor prior to competition. During competition, men will receive a one-touch warmup on each event. Please be aware that on the floor event only, men will have to wait for the women to complete their 10-15 minute warmup at the start of each rotation.

WAG WARM UP

All women will use the same National warmup format with 30 min. general warmup and then proceed to the judging tables. During competition, the women will receive the following additional event warmup:

National Novice and National Open: 2 mins for beam and floor, 2.5 mins for vault and bars
 CPP and PN: 2 mins on each event

Coaches may choose to use less time in consultation with the Event Head Judge.

EVENT FINALS

During Event Finals, all athletes (WAG and MAG) will have a 90 min warmup prior to competition and then a one-touch when they arrive at the event. Details will be clarified at the Technical meeting.

MUSIC

Please ensure that all music is on CD and/or on a USB device. During training sessions on Thursday, all music will be downloaded to a computer where it will be organized for competition.

TRANSPORTATION

A shuttle service will be provided for officials between the hotel and the venue.

Official carrier/car rental is **Budget Car and Truck Rental**. Please refer to the flyer sent out in January, or visit the Westerns website for details and costs.

HOSPITALITY/SOCIALS

Meals for coaches and officials will be provided at the Callie during competition days.

Thursday April 29th

Welcome Social 8 pm – 12 pm

Travelodge Burlington Room

Friday April 30th

Hospitality Room will be open at the Travelodge.

Saturday May 1st

Adults Closing Party 8 pm – 12 pm

Travelodge Burlington Room

Athlete's Dance & Pizza Night 8 pm – 12 pm

Travelodge Imperial Room

MEETINGS

Thursday, April 29th

Technical Meeting 8 pm – 9 pm

Travelodge Arlington Room

Saturday, May 1st

Westerns Review Meeting 7 pm

Travelodge Coach Room

MEDICAL

Full medical coverage will be provided by the Sport Science and Medical Council of Saskatchewan.

ENTRY FORMS

Your cooperation in submitting entries and fees by the deadline of April 13, 2010 would be appreciated.

Please contact us if you require any more information or have any questions.

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