



Men's Technical Committee

Technical Bulletin

Selection for Eastern Canadian Championships

The selection for Eastern Canadian Championships will take place at the 3rd Ontario Cup/ 2nd High Performance Qualifier hosted by National Capital Boys Gymnastics Academy in Ottawa on April 9 – 11, 2010. In previous years, the selection for Eastern Canadian Championships was at the Men's Artistic Ontario Championships. However, Eastern Canadian Championships takes place on May 6-8; four day after the completion of Ontario Championships. This is well after the Eastern Canadians registration deadline.

Teams heading to Easterns will be:

Level 3 (under 13) - Team of 4

Level 3 (13+) - Team of 4

Level 4 (under 13) - Team of 4

(Level 4 and Level 5 are eligible to compete for these 4 spots)

Level 4 (13+) - Team of 4

(Level 4 and Level 5 are eligible to compete for these 4 spots).

National Youth - Team of 4

National Open - Team of 4

As with last year, the rules for Eastern Canadian Championships will be GCG Level 3 and 4 rules, and National Youth and National Open rules.

National Youth and National Open athletes are only able to attend either Eastern Canadian Championships or Canadian National Championships, not both. So athletes need to consider whether or not they want to accept one of the four earned Eastern spots or forfeit their spot and try for a spot to Canadian Championships; selection of which will take place at Ontario Provincial Championships. In the event that a spot is declined, the spot will be offered to the next athlete on the list, until the team is filled.