



CALL TO MEET



2010 Gymnastics Ontario Men's Artistic Ontario Championships Friday April 30th through Sunday May 2nd , 2010

- Hosted by:** Burlington BGs Gymnastics Club
- Meet Director:** Lesley Haibach
PH: 905-634-0310 (club number)
info@burlingtonbgsgymnastics.com
- Date:** Friday April 30th through Sunday May 2nd , 2010
- Location:** Burlington BGs Gymnastics Club
680 Maple Avenue
Burlington, Ontario
L7S 1M6
PH: 905-634-0310
FAX: 905-634-4783
- Schedule:** See Schedule posted on the www.ogf.com website
- Registration Fee:**
- | | |
|------------------|------------------------|
| Provincial Level | \$65.00 Payable to GO |
| National Level | \$80.00 Payable to GO |
| High Performance | |
| ARGO | \$130.00 Payable to GO |
| TYRO | \$130.00 Payable to GO |
| JUNIOR | \$80.00 Payable to GO |
| SENIOR | \$80.00 Payable to GO |
- Registration Due:** Registrations forms are due **Wednesday, April 21, 2010**. Payment will be accepted up to **Friday April 23** without penalty, Please fax **Doug Shirton, Men's Artistic Program Manager**, a copy of the complete registration. **FAX NUMBER 416-426-7377**
Then mail the original along with payment.
- ONE** club cheque made payable to "Gymnastics Ontario".
Late fees subject to a \$50.00 / athlete penalty (includes \$10.00 GO penalty). **Late fee must be paid in cash or money order prior to competition.**
Refunds will only be for medical petitions.

Registration Form Deadline: April 21, 2010

Mail registrations to: **Gymnastics Ontario**
3 Concorde Gate, Suite 214, Toronto, Ontario, M3C 3N7
***** Cheque must be sent with registration form******

Competition Rules: Please refer to the G.O. Technical Rules and Regulations.

Equipment: As per FIG standards.

Coach Eligibility: All coaches must be Gymnastics Ontario Members with a minimum of NCCP Level Two certification in Men's Artistic Gymnastics to gain access to the floor. Please provide a list of coaches on the registration forms. If a coach is not listed, that coach will be required to provide proof of their NCCP certification and Gymnastics Ontario Registration on site. All National Level Coaches must have a minimum of NCCP Level 3 Technical & Theory.

Hotel Information: Hilton Garden Inn Toronto/Burlington
985 Syscon Road
Burlington ON
2 queen beds N/S
Pool/whirlpool onsite
Fridge & microwave
\$119.00 per night + taxes

Best Western Burlington Inn and Suites
2412 Queensway Drive
Burlington ON
2 queen beds N/S
Pool and breakfast included
\$114.99 per night + taxes

Please contact Merit Travel to receive these great rates, at toll free 1-866-885-8846 ext.6904 and speak to Kelly Heikkila

When filling in attached registration form, please use 1 line for each event entered. This will ensure that your athlete is not overlooked when preparing the schedule. Please print clearly, and ensure that you have completed each column fully.



Schedule



2010 Gymnastics Ontario Men's Artistic Ontario Championships Friday April 30th through Sunday May 2nd , 2010 Burlington BGs Gymnastics Club

Friday, April 30, 2010

	<u>Session #1</u> Level 3, Level 4, Level 5
Registration	5:00pm to 5:30pm
Warm Up	5:30pm to 5:50pm
March In	5:50 to 6:00 p.m.
Competition	6:00 to 8:00 p.m.
Awards	8:00 p.m.

Saturday, May 1, 2010

	<u>Session #2</u> Level 1	<u>Session #3</u> Argo Day 1 Tyro Compulsaries Junior Senior National Youth National Open	Men's Technical Assembly, Burlington BGs. 4:00pm – 6:00pm
Registration	8:00 to 8:15 a.m.	11:30 to 11:50 a.m.	
Warm Up	8:15 to 8:35 a.m.	11:50 to 1:10 p.m.	
March In	8:35 to 8:50 a.m.	1:10 to 1:25 p.m.	
Competition	8:50 to 11:50 p.m.	1:25 to 3:25 p.m.	
Awards	11:50 to 12:10 p.m.	3:25 to 3:50 p.m.	

Sunday, May 2, 2010

	<u>Session #4</u> Level 2	<u>Session #5</u> Argo Day 2 Tyro Optionals
Registration	8:00 to 8:15 a.m.	11:30 to 11:50 a.m.
Warm Up	8:15 to 8:35 a.m.	11:50 to 1:10 p.m.
March In	8:35 to 8:50 a.m.	1:10 to 1:25 p.m.
Competition	8:50 to 11:50 p.m.	1:25 to 3:25 p.m.
Awards	11:50 to 12:10 p.m.	3:25 to 3:50 p.m.



Men's Artistic Ontario Championships REGISTRATION FORM



Please completely fill out and return this form along with payment to:

Gymnastics Ontario by April 21, 2010 (Late Fee: \$50.00/athlete includes \$10.00 GO Penalty will be applied to payments received after April 23, 2010)

Gymnastics Ontario, 3 Concorde Gate, Suite 214, Toronto, Ontario, M3C 3N7

Name of Competition: 2010 Gymnastics Ontario Men's Artistic Ontario Championships	Date(s) of Competition: April 30, 2010 – May 2, 2010
Location of competition: Burlington BGs Gymnastics Club	Registration Deadline for Competition: April 21, 2010

Club Name		Club Contact	
Contact Phone Number	Contact Fax Number	Contact Email	

Please list all the Athletes and Coaches attending the competition.

Name of Coach	NCCP #	NCCP Cert Level	GO #	
Name of Athlete	Level	Age Category	On Site Coach	Fee
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
Club Total				