



**2010 Eastern Canadian Championships  
MAG and WAG  
May 6-9, 2010**

**Hosted By:**



**In Conjunction With:**



**Final Bulletin**

The Organizing Committee of the 2010 Eastern Canadian Championships is completing their final preparations for this event! We look forward to welcoming athletes, coaches and parents to Mississauga!

**Organizing Committee:**

The 2010 Eastern Canadian Championships will be hosted by Just Bounce Trampoline Club Inc. in conjunction with Gymnastics Ontario.

|                  |                        |                              |
|------------------|------------------------|------------------------------|
| Josee Dumas-Hurt | Meet Director          | secretary@gymmississauga.org |
| Walter Edwards   | Executive Director     | walter@gymmississauga.org    |
| Toby Sunga       | Volunteer co-ordinator | volunteer@gymmississauga.org |
| Chris Foo        | MAG Head Coach         | chris@gymmississauga.org     |
| Craig Smith      | WAG Head Coach         | craig@gymmississauga.org     |
| Sean Holmes      | GO Liaison             | sholmes@ogf.com              |

Gymnastics Mississauga  
5600 Rose Cherry Place  
Mississauga, ON  
L4Z 4B6  
905 270 6161  
[www.gymmississauga.org](http://www.gymmississauga.org)



**Venue:**

Gymnastics Mississauga

**Dates:**

- Thursday May 6<sup>th</sup>      Team training and set up  
Delegations arrival/ Team registration  
**The Ontario Men's team will arrive at Gymnastics Mississauga at 10:30am.**  
Team training - Ontario Men's Team will train between 11am – 1:30pm at Gymnastics Mississauga.  
Check In – Ontario Men's Team will check in at the Uof T Mississauga Oscar Peterson residence after training. Please bring a bag lunch as lunch will not be provided.  
Dinner is provided  
Technical meeting 8pm
- Friday May 7<sup>th</sup>      MAG and WAG competition (see attached schedule)
- Saturday, May 8<sup>th</sup>      MAG and WAG competition (see attached schedule)  
Saturday May 8<sup>th</sup>  
Athletes social (Campus pub called "The Blind Duck") UTM  
Coaches social (Faculty club/ 3<sup>rd</sup> floor South Building) UTM
- Sunday May 9<sup>th</sup>      Breakfast for Quebec and Ontario Athletes at UTM  
Delegations Depart  
**Ontario Men's Athletes can be picked up at 9am from the Oscar Peterson Residence on the University of Toronto Mississauga Campus (3359 Mississauga Rd N., Mississauga, ON L5L 1C6)**

**Equipment:**

**WAG equipment – SA Sport**

**MAG equipment- SA Sport**



### **Meals & Accommodations:**

Ontario and Quebec Delegates (Athletes, Coaches and Judges) Meals and Accommodation will be on campus at the University of Toronto at Mississauga (3359 Mississauga Rd N., Mississauga, ON L5L 1C6).

All officials, coaches and athletes will be housed Oscar Peterson Hall.  
All rooms are single rooms with a shared bathroom between two rooms

Delegates will be required to bring their own towels, though bed linens and pillows will be provided.

There will be a \$40 fee charged for lost room keys.

Thursday – Lunch for Ontario & Dinner

Friday- Breakfast, Lunch & Dinner

Saturday – Breakfast, Lunch & Dinner

Sunday – Breakfast,

Athletes, coaches and judges meals will be catered by the University Conference Services and be served in the cafeteria in the south building

Meals will also be provided for Ontario and Quebec delegations at Gymnastics Mississauga during competitions.

Delegations from Newfoundland, PEI, Nova Scotia and New Brunswick are responsible for their own accommodations and meals.

**Please be advised that there are no restaurants or fast food options within walking distance of the Hershey Centre.**

Meals at the Hershey Centre will be provided for Ontario and Quebec delegations only.

### **Technical Meeting**

A minimum of one representative from each province should be in attendance at the Technical Meeting on Thursday night at 8:00pm. This meeting will take place at Gymnastics Mississauga.



### **Opening Ceremonies**

Opening ceremonies will be held at 11 am for MAG and 11:30 am for WAG on Friday, May 7<sup>th</sup> at Gymnastics Mississauga. This will include the National Anthem, Participant Oaths and March-In of athletes competing during these flights.

### **Awards Ceremonies**

Awards will be held at the end of each flight. This will include a March in. Athletes should attend in their full Team Tracksuits.

### **Social**

#### **Athletes**

Dinner not included in social

Light snacks and finger food will be provided during social.

Entertainment to follow

At the Blind Duck pub in the student centre on Campus

Start time is 8:00 pm

#### **Coaches**

Dinner not included in social

Light snacks and finger food will be provided during social.

Faculty Club on the Third Floor of the South building (directions will be given)

Start time is 8:30 pm

### **Medical Team**

There will be a medical team on site provided by the Prime Physiotherapy

### **Judging**

Judging Panels will be emailed directly to the PSO's and/or Provincial Judging Chairs.



## **Spectators**

Spectators will be permitted to watch on training day free of charge. Entrance for both WAG and MAG competitions are at the main entrance on the upper floor.

There will be an admission fee charged to all spectators on Friday and Saturday.

|          |                      | One Day Pass | Weekend Pass |
|----------|----------------------|--------------|--------------|
| Adult    | 18yrs+               | \$12         | \$20         |
| Youth    | 11-17yrs             | \$8          | \$13         |
| Senior   | 55yrs+               | \$10         | \$17         |
| Children | 10yrs -              | \$5          | \$8          |
| Family   | 2 Adult & 2 Youth/Sr | \$32         | \$60         |

## **Accommodation for Spectators:**

### **Delta Meadowvale**

6750 Mississauga Rd

Mississauga, Ontario

L5N 2L3

905-821-1981

All rooms available

**\$109.00 per night + taxes**

Block code GZEA0510 Eastern's Canadian Championship

### **Delta Toronto Hotel Airport West**

5444 Dixie Rd

Toronto, Ontario

L4W 2L2

905-624-1144

**\$109.00 per night + taxes**

Block code GZD0507 or Gymnastics Mississauga block



### Merchandise Available Onsite



**T**-shirts will be for sale at the meet!

- \$10 short sleeve
- \$16 long sleeve

Jagwear, GymMagic and Saucys World apparel will also be on sale!  
ActionPix is the photographer and videographer.  
Gymnastics Mississauga's boutique will also have official event apparel.

### Tourism Information

[www.toronto.com](http://www.toronto.com)

[www.mississaugatourism.ca](http://www.mississaugatourism.ca)



# Final Schedules

## Training Schedule

**Thursday May 6, 2010**

| TIME                   | TEAM    |
|------------------------|---------|
| 11:00 a.m. – 1:30 p.m. | Ontario |
| 1:30 – 4:00 p.m.       | NB, PEI |
| 4:00 – 6:30 p.m.       | Quebec  |
| 6:30 – 9:00 p.m.       | NL, NS  |

**Team Managers:** please register at the lower level of the Hershey Sportzone to receive the packages for your athletes and coaches.



## Competition Schedules

### Women's Artistic Gymnastics

| Friday May 7, 2010                     |  |  | Saturday May 8, 2010                                   |                                  |                         |
|--|--|--|--|----------------------------------|-------------------------|
| WAG                                    |  |  | WAG  |                                  |                         |
| 8:00-11:30<br>Flight # 1               | 11:30-3:00<br>Flight # 2                   | 3:00-7:00<br>Flight # 3                | 8:00 – 11:30<br>Flight # 4                             | 11:30-3:00<br>Flight # 5         | 3:00-5:00<br>Flight # 6 |
| Level 4 novice<br>Level 4 open<br>(31) | PNN Aspire<br>PNN Elite<br>L4 Tyro<br>(29) | Level 3 novice<br>Level 3 tyro<br>(39) | Level 5 open<br>Level 5 tyro<br>Level 5 novice<br>(36) | Nat. open<br>Nat. Novice<br>(26) | Level 3 open<br>(20)    |

### Men's Artistic Gymnastics

| FRIDAY MAY 7    MAG      |                                  |
|--------------------------|----------------------------------|
| 11:00- 3:30<br>Flight #1 | 3:00-7:30<br>Flight #2           |
| Level 3 (10-12)          | Level 4 (10-12)<br>Level 4 (13+) |
| SATURDAY MAY 8    MAG    |                                  |
| 10:00-2:30<br>Flight #3  | 2:00 -6:30<br>Flight #4          |
| Level 3 (13+)<br>Argo    | National Youth<br>National Open  |