



<u>Dates:</u>	Thursday April 21st	Equipment Set Up Team Arrival Technical Meetings
	Friday, April 22 nd	Competition
	Saturday, April 23 rd	Competition
Meet Director:		Karen Gosse Denise May

Men's and Women's Artistic
Gymnastics

Sportsplex
Crosbie Road
St. John's, NL

Men's and Women's Artistic Speith Anderson

Athletes	\$80.00
Coaches/Mangers	\$80.00
1 Complementary Chef de Mission/Representative per Province	

**** Due April 6, 2016**

Ground Transportation is the responsibility of each province. Local Bussing Companies

Parsons & Son's – 1-709-744-3300

Eastern Bus Lines – 1-709-335-2352

Accommodations:

Provincial Teams Host Hotel Accommodation:

Holiday Inn
Portugal Cove Road
St. John's, NL
709-722-0506
Rate: \$149.00

A total of 75 rooms have been blocked consisting of 70 doubles and 5 with king bed. No individual booking permitted; team blocks only.

Friends & Family

Ramada St. John's
102 Kenmount Road
St. John's, NL
722-9330
Rate: \$140.00

Fairfield Inn & Suites
199 Kenmount Road
St. John's, NL
1-855-823-6346
Rate: \$154.00 (Includes hot breakfast)

Medical and Waiver Forms:

Medical and waiver forms are required for all athletes, coaches, judges and delegates. All forms are to be returned with the registration form. Cheques are payable to Gymnastics Newfoundland & Labrador. Deadline for all completed registration packages is **Wednesday April 6, 2016.**

Technical Meeting:

The Technical meeting will be held at The Holiday Inn at 7: p.m. on Thursday, April 21, 2016

Judge and Coach Meals:

All judges' meals will be served in the Swilers Complex located next to the Sportsplex. Please indicate on the registration form if any of the judges have food allergies or dietary restrictions.

There will be a coaches room located main floor of the venue where coaches can avail of tea, coffee, juice and light snacks during the competition.

Chief Judges:

WAG – TBA

MAG – TBA

Music:

Music must be single cut on CD

Athlete Meals:

There will be canteen services available at the venue serving both hot and cold snacks

Athlete Banquet:

The Athlete Banquet will be held Saturday April 23th at Axtion. Two chaperones per province are requested to attend the entire banquet. Athletes must show their accreditations to enter the banquet. ((Times are tentative and will be confirmed once schedule is finalized)

Medical Services:

An Emergency Medical Technician, together with a qualified Physio Therapist will be in attendance during all competitive sessions.

Opening Ceremonies:

Opening ceremonies will take place immediately preceding the start of the second session.

Spectator Admission Costs:

	Day Pass	Weekend Pass
Adult	\$10.00	\$15.00
Student (6-16)	\$ 5.00	\$ 8.00
Family Pass (2A/2C)	\$20.00	\$30.00