



Welcomes you back to the Eighth Annual

Whirled Masters Gymnastics Competition

Formerly known as the "World Masters Gymnastics Championship"



A competition for MEN and WOMEN in the MASTERS category

G.O. Sanctioned

The Most Important info:

Register and pay by: January 14 (early-bird discount), **February 4** (regular) or **March 7** (late – no t-shirt)

Competition starts at **5pm** on Saturday, **March 10** at the **Oakville Gymnastics Club**. Come 30 minutes earlier for warm-up.

Athletes **MUST** be members of Gymnastics Ontario to compete.

Categories are available for **women levels 3-8** and **men** will be divided into **recreational and competitive** groups.

Date: ***Saturday, March 10, 2018***

Competition Site: ***Oakville Gymnastics Club***
1415 Third Line
Oakville, Ont.

Meet Director: ***Eric Laurin***
(519) 572-1348 (best time to call is 4:30-8pm)
email: ericlaurin@msn.com

Competition Rules:	Women's Artistic: Rules for levels 3-8 can be found on the Gymnastics Ontario website: http://www.gymnasticsontario.ca/wp-content/uploads/2014/12/Section-I-i.ii-Ontario-Competitive-Program-OCP-September-6-20161.pdf
	Men's artistic: Come prepared with at least a six move routine on pommels, p-bars, rings, and high bar; some kind of vault; and eight moves on floor. It doesn't need to be fancy, but we enjoy the entertainment if you're able.
Warm-up:	General warm-up held before march-in with event specific warm-up during rotations.
Music:	All CD's must be clearly labelled indicating the athlete's name. Old-school tape? Bring your own tape player and cue it up. New-school MP3? Bring your music playing device and cue it up. Costumes encouraged (safety first!). Live singers/musicians/bands would be AWESOME!
Gymnast Eligibility:	Masters competition is open to anyone 18 years of age or older who has not competed outside of the masters category in the current competitive year. Athletes <i>MUST</i> be members of Gymnastics Ontario. Current coaches are already members; ask your gym for your number. Gymnastics Ontario membership can be arranged for \$30. International athletes must provide proof of good standing with their respective federation. The federation must support your decision to participate in a foreign event.
Equipment:	All equipment as per G.O. Standards. All men's and women's events will be available. Special equipment allowances: Mushroom is available for pommel horse.

Special Events after the competition:	<p>Rope Climb – Be the fastest to ring the bell to win.</p> <p>Back Tuck Circle of Rainbows and Happiness – Be the last one in the circle to win. 152 is the record to date.</p> <p>Spectators (<u>Gymnastics Ontario members</u>) can compete for \$10/special event.</p>
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SCHEDULE

4:00 – 4:30pm	Registration
4:30 – 5:00	General warm-up and March-in
5:00 – 9:00	Competition
9:00 – 9:30	Awards

PRICES

	Early Bird by Jan. 14 includes a t-shirt	Register by Feb. 4 includes a t-shirt	Late registration by March 7 no t-shirt :(
Multiple events*	\$55.00	\$65.00	\$65.00
Single event	\$25.00	\$30.00	\$30.00
<p>*athletes can compete in ANY of the events for this price. International athletes are included in this fee.</p>			

PAYMENT METHODS

Cheque	Paypal or Interac e-Transfer	Cash
Eric Laurin 2410 Eaglesfield Dr Burlington, Ont L7P3V5	Email me at ericlaurin@msn.com . I will send you an invoice. (e-Transfer is preferred)	Contact me via email to arrange.

ADMISSION FEES FOR SPECTATORS

<i>General</i>	<i>Children 12 and under</i>
\$5.00	\$2.00

CATEGORIES

<i>Women's Artistic</i> Ages 18+:	OCP Levels 3-8: http://www.gymnasticsontario.ca/wp-content/uploads/2014/12/Section-I-i.ii-Ontario-Competitive-Program-OCP-September-6-20161.pdf
<i>Men's Artistic</i> Ages 18+:	There will be separate recreational and competitive groups based on previous experience in gymnastics. Let me know your experience and I'll group you accordingly.

MULLIGAN MONEY

For men and women ages 25+. Don't want to compete against young'uns?!? Don't worry; back by popular demand is “Mulligan Money!”

Gymnasts ages **25-34** get **one** Mulligan dollar, **35-44** get **two**, and **45-54** get **three, etc.** Not enough? Buy more at the competition for \$10. All proceeds go to charity.

Give these to the judges and they will “look the other way” that time that you had *two* dismounts on the beam, took an “extra” warm-up vault, “extended” the boundaries of the floor, needed some “help” getting above the rings, etc.

AWARDS

As you are adults, adult awards will be given. Large bottles for 1st-3rd, smaller bottles for 4th-6th.
Awards for younger adults (and those who don't like bottles) will be available.

***** NO AWARDS CAN BE OPENED IN THE GYM *****

Next year's competition depends on it.

GYMNAST SWAG

All competitors will receive a t-shirt (assuming you signed up before the deadline). You will also be getting a selection of **Clif Bars** care of our wonderful sponsor!



A WORD FROM THE MEET DIRECTOR

This is fun.

Not just for you, but for me. I love gymnastics and I love giving *YOU* the chance to compete. Do it. Compete. You'll enjoy it. I do my absolute best to provide a fun competition where you can demonstrate to yourself that you still have passion for this sport and every year I see a bunch of adults running around the gym PLAYING gymnastics. It's *awesome*.

From arranging judges who probably love the sport more than anyone (thanks, Courtenay!) to gym rental and t-shirts (thanks, Don and Holmes Athletics Canada!) and everything else needed on the day of the event, there is a cast of wonderful people who make this event possible. I couldn't do it without them and I certainly can't thank them enough.

I look forward to seeing you at the competition and I really hope you have as much fun as I do each year.

If you happened to have noticed the name change, this is still the same competition, but with a new, fun name!

Sincerely,
Eric Laurin

p.s. I won the Back Tuck Circle of Rainbows and Happiness. Finally. Now to set a new record...

Whirled Masters Gymnastics Competition – March 10, 2018

Club Name: _____

Name and Email of Athlete	Events and Level (Circle and give level)	Age (as of March 10, 2018)	Birth date (i.e. Dec. 23, 1980)	T-shirt type and size (Ladies cut is <u>very</u> small)	G.O. # or N.C.C.P. # and gym club
	Men's Women's level ____			Regular ____ Ladies cut ____	
	Men's Women's level ____			Regular ____ Ladies cut ____	
	Men's Women's level ____			Regular ____ Ladies cut ____	
	Men's Women's level ____			Regular ____ Ladies cut ____	
	Men's Women's level ____			Regular ____ Ladies cut ____	
	Men's Women's level ____			Regular ____ Ladies cut ____	
	Men's Women's level ____			Regular ____ Ladies cut ____	
	Men's Women's level ____			Regular ____ Ladies cut ____	

Or you can just send me the info by email in the same order :) ericlaurin@msn.com