



Welcomes you back to the ninth annual

***Whirled Masters Gymnastics Competition
and Celebration***

Formerly known as the "World Masters Gymnastics Championship"



***A competition for MEN in the MASTERS category
and a WOMEN's MASTERS gymnastics apparatus demonstration***

G.O. Sanctioned

The Most Important info:

Register and pay by: **February 3** (You get a t-shirt!) or **March 6** (late – no t-shirt)

Events start at **5pm** on Saturday, **March 9** at the **Oakville Gymnastics Club**. Warm up is available at 4:30. **Registration** starts at 3:30

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

Women will choose one of three categories to demonstrate their love for gymnastics and **men** will be divided into **recreational** and **competitive** groups.

The **Back Tuck Circle** has changed format! See "Special Events" for more information.

Date: *Saturday, March 9, 2019*

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

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

A WORD FROM THE MEET DIRECTOR

I've been doing gymnastics for over 20 years and I love this sport. This is my 19th year in the masters category. Although the masters category is quite small compared to other categories, it's also quite awesome. If you stick around in gymnastics as an athlete after the age of 17 then you're an outlier. I've found some extremely dedicated veterans as well as some very enthusiastic beginners in my masters career. All members come together to form a truly great community. I love this community.

I've found, through my own experience, that events like Quinte Bay's and Gymnastics Energy's masters competitions are great for motivation and providing focus for goals and skill development. Both of those events added greatly to my continued career in gymnastics. It is my goal to provide the same opportunity for other veterans of this sport. Gymnastics Ontario has provided a variety of avenues for gymnasts to continue in this great sport past the age of 18; this is one of them.

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.

Why are the women demonstrating gymnastics while the men are competing? Well, women's gymnastics has MANY competitions this year and there just aren't enough judges to go around. My apologies to those women who enjoy competing. I hope you can also enjoy demonstrating your routines this year. The good news? You get to create and perform the routine of your choice. No requirements or compulsory routines; just pure expression of gymnastics at whatever skill level you feel comfortable.

Sincerely,
Eric Laurin

Please note the change in the Back Tuck event! It should be faster this year; 22 minutes of flipping is too much for my old bones.

<i>Event Rules:</i>	<p>Women's apparatus demonstration : No compulsory routines or skills! Just create some awesome routines and show us what you can do as fine master athletes! There are no judges and you won't be ranked.</p> <p>You will place yourself into a category of your choosing loosely based on the OCP levels system. Please see the CATEGORIES section for specifics.</p>
	<p>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.</p>
<i>Warm-up:</i>	<p>General warm-up held before march-in with event specific warm-up during rotations.</p>
Music:	<p>All CD's must be clearly labelled indicating the athlete's name.</p> <p>Old-school tape? Bring your own tape player and cue it up.</p> <p>New-school MP3? Bring your music playing device and cue it up.</p> <p>Costumes encouraged (safety first!).</p> <p>Live singers/musicians/bands would be AWESOME!</p>
Gymnast Eligibility:	<p>The <i>men's masters competition</i> is open to anyone 18 years of age or older who has not competed outside of the masters category in the current competitive year.</p> <p>The <i>women's apparatus demonstration</i> is open to anyone 18 years of age or older . No restrictions based on experience in this category.</p>

	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 \$35.
Equipment:	All equipment as per G.O. Standards. All men's and women's apparatuses 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 – This year we're changing up the format.</p> <p>Round 1: 2 minutes – all athletes do a back tuck every 10 seconds.</p> <p>Round 2: 2 minutes – all athletes do a back tuck every 8 seconds.</p> <p>Round 3: undefined – all athletes do a back tuck every 6 seconds until only 6 participants remain.</p> <p>Round 4: standard back tuck circle. Be the last one in the circle to win.</p> <p>Spectators (<u>Gymnastics Ontario members</u>) can compete for \$10/special event.</p>

SCHEDULE

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

PRICES

	Register by Feb. 3 includes a t-shirt	Late registration by March 6 no t-shirt :(
Multiple events*	\$55.00	\$60.00
Single event	\$25.00	\$30.00

*athletes can compete in ANY of the events for this price.

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 Apparatus Demonstration Ages 18+:</i>	<p>Place yourself in a group of athletes with similar skill abilities. Share skills and routine-building ideas! No compulsory routines or skills necessary!</p> <p>Beginner - This category is great for athletes in levels 1-4.</p> <p>Intermediate - Are you in levels 5 and 6? This is the place for you.</p> <p>Advanced - Levels 7 and up can share their interpretation of gymnastics in this group.</p> <p>Guidelines for levels 1-8 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</p>
<i>Men's Artistic Ages 18+:</i>	<p>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.</p>

MULLIGAN MONEY

For men ages 25+ You're still gymming?!? Awesome. Here's your reward:

Gymnasts ages **25-34** get **one** Mulligan dollar, **35-44** get **two**, and **45-54** get **three**, etc.

Give these to the judges and they will “look the other way” that time that you had *two* dismounts on the pommel horse, took an “extra” warm-up vault, “extended” the boundaries of the floor, needed some “help” getting above the rings, or did an iron cross that looked more like an iron arrow. Discuss other scenarios with your judge.

Anyone can buy mulligan money for **\$10** or **two** for **\$15**. All proceeds go to the McMaster Gymnastics Club to keep their program running.

AWARDS

The men's masters competitors will receive awards for 1st through 6th on each apparatus as well as overall.

The women's apparatus demonstrators will receive an award for each apparatus demonstrated.

The Rope Climb challenge will have the top three participants receive awards in men's and women's divisions.

The Back Tuck Circle of Rainbows and Happiness will award the top six awesome tuckers.

GYMNAST SWAG

You will receive a t-shirt from Holmes Athletics Canada if you signed up before February 4th.



You will also be getting a selection of Clif Bars care of our wonderful sponsor!



