



Welcomes you to the tenth and final

Whirled Masters Gymnastics Competition



A competition for MEN and WOMEN in the MASTERS category

G.O. Sanctioned

The Most Important info:

Register and pay by: January 13 (early-bird discount), **February 3** (regular)
or **March 6** (late – no t-shirt)

Competition starts at **5pm** on Saturday, **March 14** at the **Oakville Gymnastics Club**. Come 30+ minutes earlier for sign-in and warm-up.

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

Women have **NEW** levels: **Xcel Bronze, Silver, and Gold**.
Men will be divided into recreational and competitive groups.

Date: **Saturday, March 14, 2020**

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

A WORD FROM THE MEET DIRECTOR

I've been doing gymnastics since 1995 and I love this sport. This is also my 20th 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.

This year marks the first year using the Xcel program for the women's side of the competition. I'm hopeful that the new levels will make routine preparation easier and more enjoyable for us masters.

I've found, through my own experience, that events like Quinte Bay's and Gymnastics Energy's masters competitions were great for motivation and providing focus for goals and skill development. Both of those events added greatly to my continued career in gymnastics. It has been my goal to provide the same opportunity for other veterans of this sport.

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 volunteers who make this event possible. I couldn't do it without them and I certainly can't thank them enough. You will see them running around the gym doing all kinds of tasks and just plain being helpful. I throw them a party afterward, but they deserve more. If you feel comfortable, thank them in person for their role in making this event happen.

I have decided that this is my final year as a meet director. I've had a wonderful time joining all of you once a year to demonstrate what we can do in a sport that 99% of the population could only dream of doing. Whether you realize it or not, you are all an inspiration to the younger athletes in your training area. Keep doing what you do and have a great time in the rest of your gymnastics career!

Sincerely,
Eric Laurin

<p>Competition Rules:</p>	<p>Women's Artistic: We will be using the Xcel levels Bronze, Silver and Gold. Please review Gymnastics Ontario's technical rules and regulations. Charts on pages 34-42 are particularly helpful for Xcel.</p> <p>Link: http://www.gymnasticsontario.ca/wp-content/uploads/2019/10/Section-I-i.ii-Ontario-Competitive-Program-OCP-October-2019.pdf?fbclid=IwAR3BOjqW9NRhM_x0DyXafQrmZnKnQCQM7rNcQih7bVCn2aI_3_Cnk4C8xJA</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>
<p>Warm-up:</p>	<p>General warm-up held before march-in with event specific warm-up during rotations.</p>
<p>Music:</p>	<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. We have a headphone jack. Bring your own adapter if a headphone jack doesn't connect to your device.</p> <p>Costumes encouraged (safety first!).</p> <p>Live singers/musicians/bands would be AWESOME!</p>
<p>Gymnast Eligibility:</p>	<p>Masters competition is open to anyone 18 years of age or older.</p> <p>Athletes <u>MUST</u> be members of Gymnastics Ontario. Current coaches are already members; ask your gym for your number.</p>

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 the top to win.</p> <p>Back Tuck Circle of Rainbows and Happiness</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. Each participant does a back tuck, one at a time. Be the last one in the circle to win.</p> <p>P.S. this is the final year to beat the record of 152 back tucks. Start training; I have.</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
9:00 – 9:30	Awards

PRICES

	Early Bird by Jan. 13 includes a t-shirt	Register by Feb. 3 includes a t-shirt	Late registration by March 6 no t-shirt :(
Multiple events*	\$55.00	\$65.00	\$65.00
Single event	\$25.00	\$30.00	\$30.00

*athletes can compete in ANY of the events for this price (men's or women's)

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+:	Xcel Bronze, Silver, and Gold. Please see technical rules and regulations . Link: http://www.gymnasticsontario.ca/wp-content/uploads/2019/10/Section-I-i.ii-Ontario-Competitive-Program-OCP-October-2019.pdf?fbclid=IwAR3BOjqW9NRhM_x0DyXafQrmZnKnQCQM7rNcQih7bVCn2aI_3_Cnk4C8xJA
<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+ 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 beam, took an “extra” warm-up vault, “extended” the boundaries of the floor, needed some “help” getting above the rings, etc.

Anyone can buy mulligan money for \$10 or **two** for \$15.

AWARDS

Awards will be given down to the 6th place.

GYMNAST SWAG

You will receive a t-shirt from **Holmes Athletics Canada** if you signed up before February 3rd.



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



