



The Burlington Gymnastics Club proudly invites you to attend

The 29th Annual Burlington Spring Cup

# Spring Cup in Wonderland

**May 12<sup>th</sup> to 14<sup>th</sup>, 2017**

Burlington, Ontario, Canada

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## LOCATION

Mainway Recreation Centre, Corner of Walkers Line and Mainway  
4015 Mainway, Burlington

## MEET CONTACT

Lyn Patterson [springcup@bgcgym.com](mailto:springcup@bgcgym.com)

(905) 637-5774

## DISCIPLINES

Ontario Competitive Program Levels 1-10  
Ontario Competitive Program Pairs Levels 6-10 and Masters  
Ontario Developmental Program (ODP)

## WARM UP

Option 2 (may change depending on registration)

## **EQUIPMENT**

SA Sport - 3 full sets of equipment in 3 large gyms

## **MUSIC**

CD or mp3 format. One CD/mp3 per gymnast – must be labelled

Mp3, I-pod, Thumb-drive compatible

For Level 1 -5 the compulsory music will be provided

## **COACH REQUIREMENTS**

Coaches: Coaches must be fully certified NCCP Level 2 and have an up to date Risk Management Certificate (Part A and B) to gain access to the competition floor (or equivalent)

## **MEDICAL**

First Aid Personnel On-Site



# “Pairs Competition”



**Perfect for ‘Event Specialists’**  
Eligible for Levels 6-10 Age 9+ and Masters

The “Pairs” competition is a tradition at Spring Cup.

This event is a great way to end your competitive season with low stress and LOTS of fun!

**It’s the end of the season. Are you tired of training for all 4 events? In the Pairs Event you don’t have to! Pick a partner and only train for 2! Do you excel on some events more than others? Are you almost ready to move up a level, but not quite sure how you’ll do? You should enter the PAIRS COMPETITION! You can partner up with someone in your level and you each compete your 2 best events. Maybe one of you happens to be great at vault and bars while the other excels on beam and floor. What a perfect combination! Do any of your events excel so much that you could make the requirements in a level higher than you usually compete? You can team up with someone in a higher level and try your new skills on that event! Does it sound too good to be true? No way! It’s going to be a great event! Theme costumes are encouraged!!**

## A FEW NOTES:

- Age categories will be dependent on registration. However, if one gymnast is 9 years old and the other is 14, they must compete in the older age category.
- You may compete with an athlete from a lower level. However, they must be moving up to your level to compete.
- You may compete on any 2 combinations of events (vault & bars, vault & floor, beam & bars, etc.)
- All 4 events must be competed, i.e. you can’t both compete on the same two events in one pairs team. As well, it must be 2 and 2 not one athlete competing one event with the other athlete competing 3 events.
- The two partners will compete as a team. There will be event awards and all-around awards (where each partner will receive the all-around award!)
- The rules will follow all GO standards for every level. The only catch is that you must compete in your 2016 -2017 competitive level or higher.
- Registration will be \$55 per athlete and will be on a first-come-first-served basis.

**End your competitive season on a high note and try something new... get ready to move up to the next level!**

# Registration Information

Please mail cheques to:  
Burlington Gymnastics Club  
Spring Cup 2017  
710 Maple Avenue  
Burlington, Ontario  
L7S 1M6

Age 7 & 8	\$110/\$95 early bird
Age 9+	\$110/\$95 early bird
Pairs (Level 6-10 and Masters)	\$55 per athlete/\$47.50 early bird \$45 per athlete if registered in the All-Around (will receive EB discount in the AA fee)
ODP Physical Testing	\$75/\$60 early bird
Coaches	\$15 per coach

Athletes must choose to participate in **OCP OR ODP, not both.**

Cheques to be paid in Canadian funds to the Burlington Gymnastic Club

Early Bird Registration Deadline is **January 15<sup>th</sup>, 2017** and you receive \$15 off per athlete (AA) and \$7.50 per pairs' athlete. There is only one early bird reduction per athlete.

**\*ALL MONEY MUST BE RECEIVED BY JANUARY 15<sup>th</sup>, 2017 IN ORDER TO RECEIVE THE REDUCED FEE\***

**Deadline for refunds: March 1<sup>st</sup>, 2017 (no refunds will be accepted after this date for any reason)**

**Deadline for category changes is March 25<sup>th</sup>, 2017.**

"Beyond the Scores" will be used for Spring Cup 2017.

Scores for all age 9+ categories will be flashed.

Please be sure your club is set up with Beyond the Scores ([www.beyondthescores.com](http://www.beyondthescores.com)). We will be utilizing the BTS registration form at a later date. In addition to the excel registration form, clubs will be asked to submit their BTS registration form in the early spring.

Please send in the excel registration form with payment to guarantee your spot.

Contact [events@gymnasticsontario.ca](mailto:events@gymnasticsontario.ca) if your club does not have a Beyond the Scores account.

# Rules and Categories



Spring Cup 2017 will follow the Ontario Competitive Program (OCP) and will offer Level 1-10 as well as HP categories if needed.

Age categories will be dependent on registration.

The ODP meet will be held in the same location as the OCP event.

Athletes must choose to participate in **OCP OR ODP, not both.**

**NO CATEGORY CHANGES WILL BE ACCEPTED AFTER MARCH 25<sup>th</sup>, 2017**

**For out of Province clubs:**

The rules are similar to the US JO Rules.

Please contact [springcup@bgcgym.com](mailto:springcup@bgcgym.com) for assistance on where to place your athletes.

**Spring Cup 2017 is a Gymnastics Ontario sanctioned event**

