



North Shore Invitational 2010

April 23rd - 25th, 2010

Registration Information

Flicka Gymnastics would like to invite your club to participate in our Annual North Shore Invitational! This event will be held at **Windsor Secondary School** in North Vancouver, BC

The North Shore Invitational will feature the following categories:

- ∞ Women's National
- ∞ Women's Provincial Levels 1-5
- ∞ Kip 1 & 2

Competition Location:

Windsor Secondary School
931 Broadview Drive
North Vancouver, BC

Rules:

Canadian Provincial Program Rules and National Canadian Models

Equipment:

Speith Anderson with SA Floor Exercise





Registration Information

Detailed registration forms with names, levels and payment is due by
Monday March 15th, 2010

Registrations can be e-mailed to admin@flickagymclub.com

OR faxed to: 604-985-7908

OR mailed to: 123 East 23rd Street
North Vancouver, BC
V7L 3E2

Fees

CPP and National: \$80
KIP \$65

Refund Policy

Refunds will be given until March 15th, 2010 with a \$10 administration fee.
Refunds may be given after March 15th, only with a medical note and a \$10
administration fee will apply.

Competition Contacts

Flicka Gymnastics **604-985-7918** admin@flickagymclub.com

Office Contact: Stephanie Monk

Meet Directors: Cari Wilson, Sarah Ahmadi and Carla Vysohlid



North Shore Invitational Event Schedule

Venue: Windsor Secondary School
931 Broadview Drive, North Vancouver, BC V7H 2E9

Tentative Schedule:

Friday April 23rd:

<u>Level 2</u>	4:00-4:30pm	General Warm-up
	4:30-8:00pm	Competition and Awards to follow

Saturday April 24th:

<u>Level 3:</u>	8:00-8:30am	General Warm-up
	8:30-11:30am	Competition and Awards to follow

Level 4 & 5:

	12:00-12:30pm	General Warm-up
	12:30-3:30pm	Competition

National Open and National Novice

	3:30-4:00pm	General Warm Up
	4:00-5:00pm	Open Warm Up
	5:00-8:30pm	Competition and Awards to Follow

Sunday April 25th:

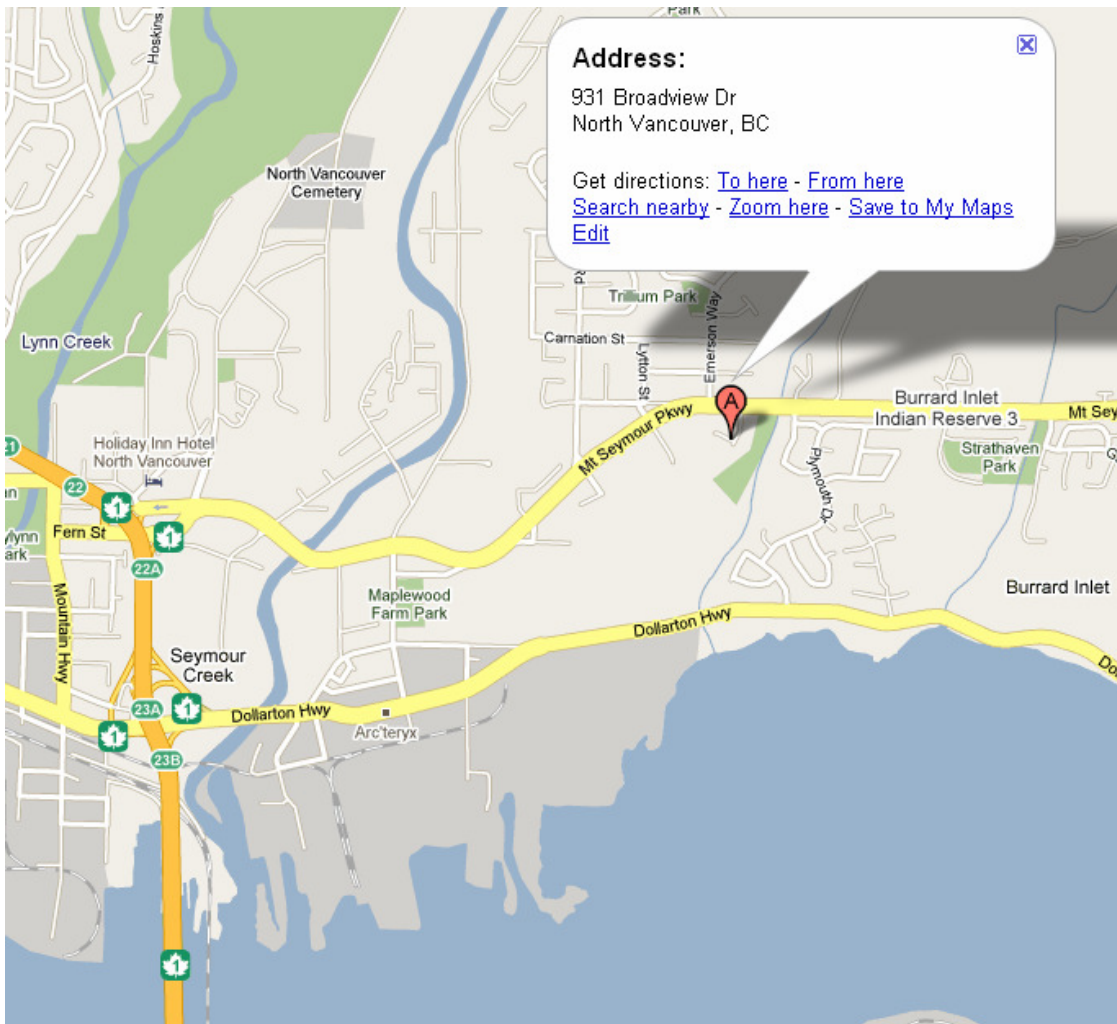
<u>Level 1:</u>	8:00-8:30am	General Warm Up
	8:30-11:30am	Competition and Awards to Follow

<u>Kip 1 & 2:</u>	12:00-12:30pm	General Warm Up
	12:30-3:00pm	Competition and Awards to follow

All sessions will be Warm up compete
Equipment Spieth Anderson
No other equipment allowed on the floor

Map to the Competition Location

Windsor Secondary School
931 Broadview Drive
North Vancouver, BC





Host Hotel



Holiday Inn & Suites

700 Old Lillooet Road, North Vancouver, BC V7J 2H5

Ph: 604-985-3111 Fax: 604-985-0857

www.hinorthvancouver.com

Hotel Facilities and Amenities

We are the only hotel on the North Shore to offer an indoor pool. Open daily from 5:30 am until 11:00 pm (Children swim until 9:00pm). Also conveniently located right beside the pool is a Jacuzzi hot tub, and a Fitness facility that will get you off to a perfect start to a fantastic day.

Other Amenities available to all Hotel guests are;

- Coin operated washer and dryers.
- Complimentary parking.
- Ice machines.
- Hotel accessibility features.
- Wide entrance ways and well lit corridors.
- Covered entrance foyer.



\$125.00 a night per room (1-4 people)

Please book under the name

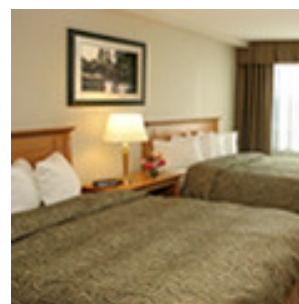
Flicka Gymnastics.

Rooms will only be on hold until **March 23rd 2010** at this price.

Please book as soon as possible.

The Hotel needs 24 hours for Cancellation.

Rooms are a Standard Double Queen and include a Personal safe, Mini Fridge and Microwave





2010 North Shore Invitational: April 23rd - 25th, 2010

2010 North Shore Invitational Intent to Participate Form

Entry Deadline: Monday February 22nd, 2010

Club Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Club Contact Information

Name: _____

Phone: _____ Fax: _____

E-mail: _____

Please fill in the number of gymnasts attending per category:

Women's National _____

Women's Provincial Level 1 _____

Level 2 _____

Level 3 _____

Level 4 _____

Level 5 _____

KIP 1 _____

KIP 2 _____

Total Number of Athletes expected to attend: _____

\$100.00 Deposit made out to Flicka Gymnastics Club

**Please submit your intent to participate form along with \$100.00
deposit by February 22nd, 2010 to
Flicka Gymnastics attn Stephanie Monk
123 East 23rd Street
North Vancouver, BC V7L 3E2**



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2010 North Shore Invitational Registration Form

Entry Deadline: **Monday March 15th, 2010**

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City: _____

Province: _____ Postal Code: _____

Club Contact Information

Name: _____

Phone: _____ Fax: _____

E-mail: _____

	Gymnast's Name ie/ Jane Doe	Level ie/ level 1	Age	Birth Year ie/ 1999	Girls' T-shirt size (CXS,CS, CM, CL, AXS, AS, AM, AL)	Fee
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						

Total Fees: _____