

2015 Artistic Gymnastics BC Championships



Capilano University Sportsplex

North Vancouver, BC

April 10-12, 2015

Workplan #2



HOST CLUB

Flicka Gymnastics Club
123 East 23rd Street
North Vancouver, BC
www.flickagymclub.com

Flick Gymnastics Club Contact:
Natasha de Jong
meetcoordinator@flickagymclub.com

GYMNASTICS BC

GYMNASTICS BC
268-828 West 8th Avenue
Vancouver, BC V5Z 1E2
(B) 604-333-3496
(F) 604-333-3499
info@gymbc.org
www.gymbc.org

Brittany Cawson
Membership & Event Coordinator
bcawson@gymbc.org
604-333-3498

Andrée Montreuil
Technical Director
amontreuil@gymbc.org
604-333-3491

WEBSITE

<http://tinyurl.com/2015ArtisticGBCCchamps>

Event Information

COMPETITION DATE

April 10-12, 2015

VENUE

Capilano University Sportsplex
2055 Purcell Way
North Vancouver, BC
V7J 3H5

To find out more- Visit the website to view the facilities www.capilanou.ca

ADMISSION

	Session Pass	Day Pass	Meet Pass
Adult	\$7	\$10	\$25
Student/Senior	\$5	\$7	\$15
Child (5 and under)	Free	Free	Free
Family	\$20	\$25	\$45

Family = 2 Adults & 2 Students

Student = ages 6-18 or with valid Student ID card

REFUNDS AND WITHDRAWALS

Refunds will only be issued, provided that a medical certificate and the request for refund are submitted to Gymnastics BC by 4:30 p.m. on Thursday, April 9, 2015. A \$10 administration fee will be withheld for those withdrawing from the competition after March 9, 2015.

ACCOMMODATION

Holiday Inn & Suites North Vancouver
700 Old Lillooet Road,
North Vancouver, BC, V7J 2H5
Phone: 604-985-3111
Toll-Free 1-877-985-3111
<http://www.hinorthvancouver.com/>

PARKING

Paid parking is in effect 24 hours a day 7 days a week. There are different parking rates depending on the parking zone and lot number. After 5 p.m. and on weekends, all zones except short-term lots are \$3.50 flat rate until 6 a.m. the next day. For more details please see Capilano University [parking map](#).

ACCREDITATION

Athletes and coaches will be issued accreditation tags at the 2015 Artistic Gymnastics BC Championships. All accreditation will be available in the Sportsplex lobby. Accreditation will be organized by club then category, please provide this information to the volunteer on duty. Accreditation lanyards **MUST** be worn in order to access the floor.

WAITING AREA

Out of respect for those competing and the spectators, all competitors and coaches are required to stay in the designated waiting areas until the last event is complete. The only athletes and coaches allowed outside of the designated waiting areas are the athletes next up on the apparatus and the athletes currently competing.

All bags, clothes and other miscellaneous items must be kept in the waiting areas at all times or they will be removed from the competition floor.

Coaches are asked to explain the waiting system to their athletes and to assist with keeping

	the competition area free of athletes and debris in order to showcase all of the athletes.
MUSIC	<p>A CD player will be available. Please ensure that each athlete's music is on its own CD (only one CD per athlete). CDs with more than one piece of music will not be accepted.</p> <p>iPod format is also accepted. If a club chooses to use iPod format, then ALL music from that club must be on a single iPod, with the music identified by the athlete's name. This means that clubs may not have some music on an iPod and some music on CDs.</p>
COACH & JUDGE SOCIAL	The coach & judge social will take place on Saturday, April 11, 10 p.m. onwards, at Seymour's Pub (720 Lillooet Road, North Vancouver, BC – next to Holiday Inn North Vancouver).
VOLUNTEERS	Interested in volunteering? If so, we're looking for excited, enthusiastic and dedicated volunteers to make up our 2015 Artistic Gymnastics BC Championships volunteer workforce! Please contact Nickie Fourchaulk, bfourchaulk@shaw.ca , or you can text her at 604-619-6172 after Monday, March 23.
ATTRACTIONS	For information on attractions, restaurants, activities, and family fun, please visit North Shore Tourism or Tourism Vancouver .