


2024 GymBC Xcel Challenge Workplan #2



<p>EVENT INFORMATION</p>	<p>Dates: April 13-14, 2024 Location: Queens Park Arena, New Westminster, BC</p> <p>2024 Event Website <i>Workplans, schedules, event information will consistently be updated on the event website.</i></p>
<p>HOST CLUB CONTACTS</p>	<p>Flicka Gymnastics Club 123-23rd St. East North Vancouver, BC V7L 3E2</p> <p>Marti Farkas P: (604) 973-0890 E: marti@flickagymclub.com</p>
<p>GYMNASTICS BC CONTACTS</p>	<p>Gymnastics BC 268-828 West 8th Ave Vancouver, BC V5Z 1E2</p> <p>Aidan Muth Communications and Events Coordinator P: (604) 333-3490 E: amuth@gymbc.org</p>
<p>MEDIA INFORMATION</p>	<p>Social Media Handles: Instagram: @gymnasticsbc @flickagymclub Facebook: Gymnastics BC Flick Gymnastics Club X: @GymnasticsBC</p> <p>Hashtags: #GymBCXcelChallenge2024 #GymnBCxFlicka</p> <p>Media Contact: communications@gymbc.org</p>

EVENT INFORMATION

COMPETITION DATES	April 13-14, 2024															
VENUE	Queens Park Arena 51 3 rd Ave New Westminster, BC V3J 1L7 To find out more, visit the website to view the facility https://www.newwestcity.ca/parks-and-recreation/facilities/queens-park-arena															
FEES & REGISTRATION <i>Registration is closed</i>	<table border="1"> <thead> <tr> <th>Dates</th> <th>Athlete</th> <th>Coach</th> </tr> </thead> <tbody> <tr> <td>On or before March 20, 2024</td> <td>Deadline passed</td> <td></td> </tr> <tr> <td>March 21-24, 2024 (Late Registration)</td> <td>Deadline passed</td> <td></td> </tr> <tr> <td>March 25-27, 2024 (Very Late Registration)</td> <td>Deadline passed</td> <td></td> </tr> <tr> <td colspan="3" style="text-align: center;">Entries will not be accepted after March 27, 2024</td> </tr> </tbody> </table> <p>Click here to access the Kscore registration website.</p>	Dates	Athlete	Coach	On or before March 20, 2024	Deadline passed		March 21-24, 2024 (Late Registration)	Deadline passed		March 25-27, 2024 (Very Late Registration)	Deadline passed		Entries will not be accepted after March 27, 2024		
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REFUNDS AND WITHDRAWALS	<ul style="list-style-type: none"> • Please complete the Request for Refund Form, to request a refund. • A medical certificate must be provided for all athlete withdrawing from the competition, after the first registration deadline (March 20, 2024). • A medical certificate is not required for coaches withdrawing from the competition. • Following March 20, 2024, a \$10 administration fee will be withheld for athletes withdrawing from the competition. • No fees will be held from coach withdrawals. • No refunds will be issued after Wednesday, April 10, 2024 • Please note: Refund requests will ONLY be monitored via the electronic form. Scanned paper copies from previous years will not be accepted. 															
ACCREDITATION	<ul style="list-style-type: none"> • All athletes, coaches, judges, vendors, and any recognized VIP personnel must pick up their accreditation badge from the accreditation table before attending the event. See map below for reference: 															

EVENT INFORMATION (CON'T)

ATHLETE ELIGIBILITY

- All athletes registering for the 2024 GymBC Xcel Challenge will be verified by Gymnastics BC. Any athlete who is not registered properly (i.e. not in the correct category, registered as interclub or recreational, etc.) will be subject to a \$200 fine (charged to the club) and may be ruled ineligible for the championships.
- Please see specific eligibility requirements below.
- As indicated in the [GymBC Registration Handbook](#), a club may not change the category of an athlete after March 1, 2024. It is the club's responsibility to ensure that all athletes are registered in the appropriate category by that date. If you have any questions regarding your athletes and their categories, please contact membership@gymbc.org prior to the March 1 deadline.

COACH ELIGIBILITY

NCCP Certification

- All coaches must have the appropriate NCCP certification to be on the field of play as per the [GymBC Coaching Education Operations Manual](#) as well as successful completion of the Respect in Sport (RiS) program. Coaching certification and RiS completion will be verified by Gymnastics BC for all coaches registered for the competition. Coaches with inadequate certification will be contacted to advise them of the situation.
- Any coach with missing certification who is found to be coaching on the field of play during the event, will be subject to a \$200 fine.
- Coaches not meeting the minimum level of certification may apply for a one-time exemption. The exemption will be granted until the next applicable NCCP course(s) is/are offered. For more information on exemptions consult the [GymBC Coaching Education Operations Manual](#) or contact coaching@gymbc.org.

Minimum Certification Requirements

Bronze, Silver, Gold	NCCP Competition Introduction Certified and Respect in Sport (RiS)
Platinum, Diamond	NCCP Competition Introduction 2 Certified and RiS

EVENT INFORMATION (CON'T)

ACCOMMODATIONS

Executive Plaza Hotel & Conference Centre - Coquitlam

Room Category	Rates	Beds
Deluxe Double (DN)	\$185 per night	2 Double Beds
Double Queen (QQ)	\$195 per night	2 Queen Beds
Queen Suite (SN)	\$200 per night	1 Queen Bed, 1 Sofa Bed

How to Book:

- Email salesmktg.coq@executivehotels.net with the following information:
 - Guest Name
 - Contact Number
 - Number of Guests in Room (Max 4)
 - Check in date
 - Check out date
 - Room Category: DN/QQ/SN
 - Booking ID: 33993
 - Group Name: Flicka Gymnastics
 - Credit Card Number, Expiry, CVV
 - If you do not wish to email your credit card information, add your phone number instead, and you will receive a phone call from the hotel to book.
- **Booking Deadline: Deadline Passed** - Rooms subject to availability, above rates do not include tax.

The Met Hotel

Room Category	Rates	Beds
2 Queen	\$151 per night (\$143 on Sunday)	2 Queen Beds
Deluxe River View	\$159 per night (\$151 on Sunday)	2 Queen Beds
Deluxe River View	\$151 per night (\$143 on Sunday)	1 King Bed

How to Book:

- Phone (604) 520-3815 and mention **Flicka Gymnastics**.

Additional Options (No room blocks; subject to availability):

Arundel Mansion

48 Begbie Street, New Westminster BC V3M 3L9

www.arundelmansion.com

(1.5 km from venue)

Inn At The QUAY

900 Quayside Drive, New Westminster BC V3M 6G1

www.innatwestminsterquay.com

(2.0 km from venue)

EVENT INFORMATION (CON'T)

PARKING & TRANSIT

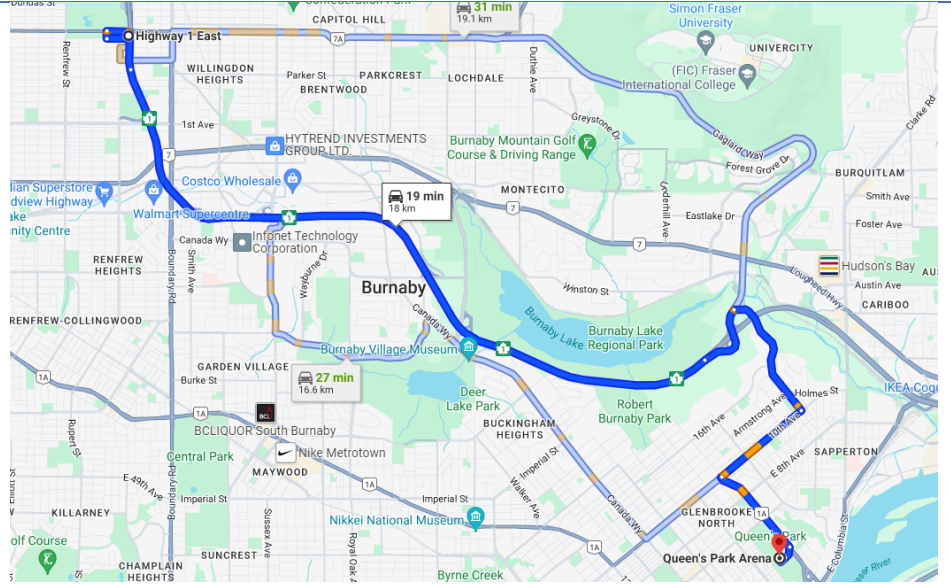
Parking

- Free parking at the arena
- There is ample metered parking available on the streets nearby. The hourly parking rate ranges from \$2.50 - \$3.00 with a minimum charge of \$1.00, or a minimum cash payment of \$0.25.

Public Transit

- Busses available to WB Queens Park Care Centre @ Blackberry Drive. The venue is about a 10-minute walk from the bus stop.

GETTING THERE



ADMISSIONS



Type	1 Day Pass	2 Day Pass	Weekend (4 Days)
Adult	\$25	\$35	\$50
Child (5-16)/Senior	\$20	\$30	\$45
4 and Under	Free	Free	Free
Family (2 adults, 2 students)	\$55	\$65	\$80

- Payment will be handled at the event. Cash or card available

DECLARATION OF COMPLIANCE AND MEDIA RELEASE

- In order to participate in this event, each club must sign a [Declaration of Compliance form](#) and submit it to GymBC with your registration fees.
- By signing this document, you are also ensuring that your club has attained a media release form for all participating athletes, coaches and/or members at your club that may appear on camera during the competition, and giving GymBC and Flicka Gymnastics Club permission to post media to social media channels and websites during and after the competition.
- The deadline to complete the Declaration of Compliance Form is Friday April 5, 2024
- If you need a media release form template, please contact safety@gymbc.org.
- Any questions regarding these requirements can be sent to events@gymbc.org.

EVENT INFORMATION (CON'T)

EVENT PHOTOGRAPHER	<ul style="list-style-type: none"> • Luke O'Geil is the official photographer of this event! • Get your BC Championship photo package early • Pre-order packages are available now on the website https://www.lukeogeil.com/2024-bc-compulsory-provincials---excel-championships
RAFFLES	<ul style="list-style-type: none"> • A 50/50 will be running in the lobby area during each session of the event. • An online silent auction is running, and is open until April 13, 2024 at 1 p.m. Please see the link below to place your bids. The highest bidder will be contacted after the form closes, to pick up their item at the venue. • 2024 Online Silent Auction
CONCESSION	<ul style="list-style-type: none"> • The venue has a concession with hot/cold snacks and beverages. • Cash, credit, and debit accepted.
VENDORS	<ul style="list-style-type: none"> • A handful of vendors will be set up in the lobby of the arena. Be sure to check them out! <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p><i>Mila Earth</i> MAGNESIUM SKINFOOD</p> </div> </div>
MUSIC	<ul style="list-style-type: none"> • REMINDER: Floor music MUST be uploaded through Kscore. There will be no access to play music directly off of a device.
TRAVEL SUBSIDY	<ul style="list-style-type: none"> • Gymnastics BC is pleased to allocate funds to contribute towards travel costs for athletes (age 18 years and under) who attend the 2024 GymBC Xcel Challenge. • Please review the Travel Subsidy Criteria document for information on the selection and allocation process. • Applications must be submitted no later than 11:59 p.m. on Friday May 3, 2023. No late submissions will be accepted. • If you have any questions regarding the application process, please email events@gymbc.org.

COMPETITION INFORMATION - WAG

CATEGORIES	<ul style="list-style-type: none"> Xcel Bronze, Silver, Gold, Platinum, Diamond Athletes categories will be grouped by birth year(s). Ideally, groupings for awards will be balanced with a maximum of approximately 24 in any given level/birth year. Athletes registered in level/birth year with few participants will be grouped together. No changes to the groupings will be made once they are circulated with the final schedule. <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr style="background-color: #d9e1f2;"> <th style="text-align: left;">Category</th> <th style="text-align: left;">Eligibility</th> <th style="text-align: left;">Individual Awards</th> <th style="text-align: left;">Team Awards</th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;">Xcel Bronze- Diamond</td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> Qualifying score of 32.00+ AA at least once, at a GymBC sanctioned event or at an out of province competition with verifiable online results, prior to registration for the 2024 GymBC Xcel Challenge. </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> All-Around: by category and competitive age groupings Medals 1-3 Ribbons 4-10 Plaque AA champion </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> Club awards (1-3) for each level. Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count </td> </tr> </tbody> </table>	Category	Eligibility	Individual Awards	Team Awards	Xcel Bronze- Diamond	<ul style="list-style-type: none"> Qualifying score of 32.00+ AA at least once, at a GymBC sanctioned event or at an out of province competition with verifiable online results, prior to registration for the 2024 GymBC Xcel Challenge. 	<ul style="list-style-type: none"> All-Around: by category and competitive age groupings Medals 1-3 Ribbons 4-10 Plaque AA champion 	<ul style="list-style-type: none"> Club awards (1-3) for each level. Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count
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RESTRICTIONS	If there is only one competitor in any one (1) category, only an all-around award will be given. If there are two or more competitors, all awards will be given.								
TIE-BREAKERS	There is no tie-breaking rule. If there is a tie, the following position is skipped. For example; if there are two athletes tied for second place, there will be no third place awarded. The next athlete in rank order will receive the fourth-place award.								
WARM UP PROCEDURES	Please review the GymBC Warm-Up Procedures found in the BC CCP Charts and Xcel Program Manual .								
JUDGES	<ul style="list-style-type: none"> Judges assigned at the 2024 GymBC Xcel Challenge (or at any other meet) must be registered as judges with Gymnastics BC. The organizing committee (host club) will pay for transportation and accommodation of all judges. 								
COMPETITION ATTIRE (COACHES)	<ul style="list-style-type: none"> Coaches must be dressed according to GymBC Guidelines; outlined in the WAG Operations Manual. In order to maintain a professional image, coaches are required to abide by the regulations for attire while on the competition floor, during warm-up and competition: <ul style="list-style-type: none"> Appropriate club/team uniform; T-shirt, polo shirt, or training jacket; appropriate indoor sport footwear; and No hats, sandals, slippers, shorts, crop tops, tank tops, jeans, ripped, or torn clothing or similar Coaches dressed inappropriately will receive a warning from the Competition Head Judge. The coach will have 30 minutes to comply. 								

COMPETITION SCHEDULE

Please note: A session has been added on Friday night, which might impact your athletes' schedules. If there are any concerns regarding arrival times or other scheduling matters, please inform us promptly by emailing events@gymbc.org, so we can make necessary accommodations. Local clubs with Bronze athletes should be aware that we may need to reschedule them to compete on Friday; we'll inform you promptly based on feedback from out-of-town clubs.

Award ceremonies begin shortly after each session.

Friday April 12, 2024

Session 1:

- 18:15 – 21:00 – Xcel Bronze (86) 8-rotations, floor blocked warm-up
Feb 2011 – Sep 2013

Saturday April 13, 2024

Session 2:

- 07:30 – 10:00 – Xcel Bronze (89) 8-rotations, floor blocked warm-up
Oct 2014 – Dec 2017

Session 3:

- 10:15 – 12:45 – Xcel Bronze + Silver (87) 8-rotations, floor blocked warm-up
Bronze Oct 2013 – Sep 2014
Silver Jul 2014 – Nov 2015

Session 4:

- 13:00 – 15:30 – Xcel Silver (90) 8-rotations, floor blocked warm-up
March 2013 – June 2014

Session 5:

- 15:45 – 18:15 – Xcel Silver (79) 8-rotations, floor blocked warm-up
Jan 2012 – Feb 2013

Session 6:

- 18:30 – 21:00 – Xcel Silver (90) 8-rotations, floor blocked warm-up
Jun 2006 – Dec 2011

Sunday April 14, 2024

Session 7:

- 8:30 – 11:15 – Xcel Gold (62) 8-rotations, floor blocked warm-up
Jan 2012 – Aug 2014

Session 8:

- 11:30 – 14:15 – Xcel Gold (64) 8-rotations, floor blocked warm-up
Jan 2010 – Dec 2011

Session 9:

- 14:30 – 17:15 – Xcel Gold (64) 8-rotations, floor blocked warm-up
Feb 2005 – Dec 2009

Session 10:

- 17:30 – 20:30 – Xcel Platinum & Diamond (72) 8-rotations, floor blocked warm-up