




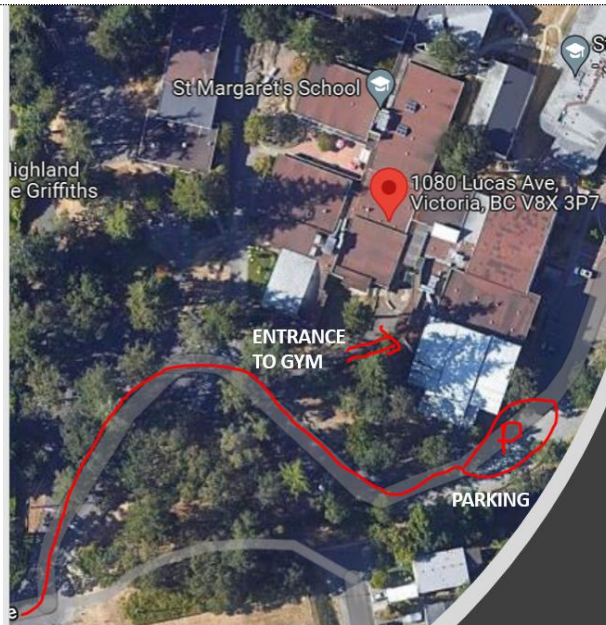
2023 West Coast Cup

RHYTHMIC GYMNASTICS INVITATIONAL
VICTORIA, BC

FEBRUARY 11-12TH, 2023

ST-MARGARET'S SCHOOL (1080 LUCAS AVE)

HOST CLUB	<p>West Coast Rhythmic Gymnastics Club 2177 Champions Way, Langford, BC, V9B 0R9 Email: gymnasticsinvictoria@gmail.com</p>
ORGANIZING COMMITTEE	<p>West Coast Rhythmic Gymnastics Club Board and Volunteers Thank you to all the West Coast RG parents for contributing time, energy, volunteers, and effort to making our events a success.</p> <p>Administrative Contact: Cathy Carson, gymnasticsinvictoria@gmail.com</p>
LOCATION	<p>St-Margaret's School, Athletics Centre, South Gym 1080 Lucas Ave., Victoria, BC, V8X 3P7</p>
DATE	<p>February 11-12th 2023</p> <p>Feb. 11th – 7am Set Up, 7:30am Gym Opens for Warm-up, 9am Start and 9pm Finish (if needed), with awards on the breaks. Feb. 12th – 7am Gym Opens, 8am Competition Start, 4pm competition ends, awards then clean-up finished by 5pm</p>
PRESENTATION THE CITY OF VICTORIA	<p>VICTORIA, BC The City of Victoria is located on the homelands of the Songhees and Esquimalt People. Victoria, capital of British Columbia, sits on the craggy southern end of Vancouver Island. With abundant parkland, it's known for outdoor activities. The city's British colonial past shows in its Victorian architecture, including stately Craigdarroch Castle mansion. Butchart Gardens, with 55 acres of vivid floral displays, plus statuary, water features and a carousel, is one of many formal gardens in the city. https://www.tourismvictoria.com/</p> <p>Make a weekend of it! Here is a list of some great walks/hikes for the family also! https://www.explore-mag.com/10-of-the-Best-Hikes-near-Victoria-British-Columbia</p>
COMPETITION VENUE	<p>St-Margaret's School, Athletic Centre, SOUTH GYM 1080 Lucas Ave., Victoria, BC, V8X 3P7 Height: approx. 60' in the competition space and 40' feet in the warm-up area (see photo below).</p> 



St-Margaret's School Athletic Centre

1080 Lucas Ave

COMPETITION RULES

The event will be organized under the Gymnastics Canada and FIG Rules. For provincial and Interclub levels please refer to the current BCRSGF Technical Rules and regulations.

SPIRIT OF THE EVENT

An early opportunity in the season to prepare for the upcoming competition season and for new performers to a positive experience.

The event will be built around the True Sport principles:

Go For It: Rise to the challenge – always strive for excellence. Be persistent and discover how good you can be.

Play Fair: Understand, respect, and follow the rules. Play with integrity – competition is only meaningful when it is fair.

Respect Others: Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

Keep It Fun: Find the joy in sport and share it with others. Remember what you love about sport and why you play.

Stay Healthy: Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

Include Everyone: Recognize and celebrate strength in diversity. Invite and welcome others into sport.

Give Back: Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

APPARATUS SUPPLIED

Competition Carpet: Mitufa FIG approved 14mX14m velour carpet.

Warm-up Carpets: Mitufa Carpet

Apparatus Placement is following the 2022-2024 Code of Points.

Note: Novices can place one apparatus on the middle of one of the two sidelines.

INVITED MEMBERS

Rhythmic Gymnasts from all clubs in BC, all levels, from Interclub to Provincial, Western, National and Groups and AGG.

AWARDS	<ul style="list-style-type: none"> • Medals and/or ribbons for each level, apparatus and All Around for 1st-8th place. • Special Awards. • All participants will receive a special memento from the event. 																		
ELIGIBILITY	<ul style="list-style-type: none"> • All athletes, coaches, judges, and team managers must be registered members of the current GCG year. • All participating Associations and their members commit themselves to respect the BCRSGF Program Technical Rules and Regulations. • Coaches: According to the RG Technical Regulations, all coaches wishing access to the training, warm up or competition floor must be certified level 2 or Competition 1 certified if coaching competitive athletes. 																		
REGISTRATION	<p>All registration should be submitted ONLINE through KSIS Provisional Registration- January 11th, 2023 Final Registration: January 18th, 2023</p> <p>KSIS Link: https://rgform.eu/event.php?id_prop=4463</p> <table border="1" data-bbox="399 600 1510 842"> <tr> <td>Preliminary Registration</td> <td>January 11, 2023</td> <td>KSIS</td> </tr> <tr> <td>Final Registration</td> <td>January 18, 2023</td> <td>KSIS</td> </tr> <tr> <td>100% Payment of Registration</td> <td>January 18, 2023</td> <td>gymnasticsinvictoria@gmail.com</td> </tr> <tr> <td>Music Submission</td> <td>January 28, 2023</td> <td>KSIS</td> </tr> <tr> <td>Forms Submission</td> <td>January 28, 2023</td> <td>gymnasticsinvictoria@gmail.com</td> </tr> <tr> <td>Refund Deadline</td> <td>January 18, 2023</td> <td>gymnasticsinvictoria@gmail.com</td> </tr> </table> <p>Registration Fee payable to West Coast RG:</p> <p>Individual National and Provincial: - \$45.00 per routine</p> <p>Group: - \$90 per group routine</p> <p>ENTRY Fees are non-refundable Please issue ONE CHEQUE per club to: West Coast Rhythmic Gymnastics c/o Claudia Costa 2177 Champions Way, Langford, BC, V9B 0R9 E- transfers can be sent to: gymnasticsinvictoria@gmail.com Password: westcoastcup</p>	Preliminary Registration	January 11, 2023	KSIS	Final Registration	January 18, 2023	KSIS	100% Payment of Registration	January 18, 2023	gymnasticsinvictoria@gmail.com	Music Submission	January 28, 2023	KSIS	Forms Submission	January 28, 2023	gymnasticsinvictoria@gmail.com	Refund Deadline	January 18, 2023	gymnasticsinvictoria@gmail.com
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DRAFT SCHEDULE	<p>All TBD once registrations are received. Draft high-level schedule:</p> <ul style="list-style-type: none"> -Saturday, Feb. 11th Morning: Interclub and Provincial Level 1, 2, 3 (1-2 routines) -Saturday, Feb 11th Afternoon: Western Stream 3-6 and National Stream (1-2 routines) -Saturday, Feb 11th Evening: Groups -Sunday, Feb 12th: Provincial Level 3 (3rd routine), Western Stream 3-6 (1-2 routines) and National Stream (2 routines). <p>Awards will be given out during the larger breaks.</p>																		
MUSIC/SCRIPTS	<p>Please upload all music in mp3 format ONLINE through KSIS Novice Free Scripts and Group Scripts MUST be uploaded to KSIS. Please ensure backup music on USB or phone/ipod Deadline for music and scripts: January 28, 2023</p>																		
TRANSPORTATION	<p>Clubs are responsible for their own airport to hotel transportation.</p> <p>BC Ferries and Victoria International Airport is approximately 45 minutes from St-Margaret's School.</p> <p>Getting around Victoria: https://www.tourismvictoria.com/plan/local-info/getting-around. There is public transit option for touring Victoria.</p>																		

<p>ACCOMMODATION</p>	<p>Accommodations: The following hotels are closest to the venue: Accent Inn Victoria 3233 Maple St, Victoria, BC V8X 4Y9 (250) 475-7500</p> <p>Two queen standards @ \$135 plus tax Two queen kitchenettes @ \$155 plus tax (currently 16 of these available)</p> <p>Call by January 9th to book with cancellation 72 hours prior to arrival. Please reference West Coast Cup.</p> <p>Howard Johnson by Wyndham Elk Lake Inn and Suites 4670 Elk Lake Dr, Victoria, BC V8Z 5M1 (250) 704-4656</p> <p>There are many other hotels in downtown Victoria which is only 15-20 minutes from the venue. There is generally not much traffic in Victoria if driving conditions are good (e.g., no snow).</p>
<p>JUDGES</p>	<p>HOTEL: Judges from out of town can stay at the Accent Inn Victoria or contact Cathy Carson at gymnasticsinvictoria@gmail.com for other requests.</p> <p>MEALS: Meals will be provided to the judges at the competition venue during scheduled competition.</p>
<p>PHOTOS</p>	<p>TBA</p>
<p>ADMISSION</p>	<p>Spectator admission will be by cash donation at the door and by food bank donation. There will be a food bank donation collection basket, please bring dried goods for babies, pets, and families! Food banks depend on donations all-year round! We are pleased to be able to collect donations to support Victoria's food banks.</p>