## WRGC Invitational (April 7-8, 2018)



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Host	Wascana Rhythmic Gymnastics Club
Organization	Regina, SK
	www.saskwrgc.com
	https://www.facebook.com/wascanagymnastics/
Contact:	Nikki Czemeres
	wrgcregistrar@sasktel.net
	306-331-8449
Competition	SportPlex Fieldhouse and Lawson Aquatic Centre
Venue	1717 Elphinstone Street, Regina SK
	http://www.regina.ca/residents/recreation/recreation-facilities/sportplex/
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	Bowling Club
	bowing club *
	Victoria Ave Victoria Ave
Music and	Music to be submitted in MP3 format no later than March 26, 2018. Please save to DropBox and share with
Scripts	wrgcregistrar@sasktel.net. You must follow protocol when naming music as per the Nu Curve music program: "First
5011915	name /Last name/Apparatus/Level/Club"
	Scripts (where necessary) to be either:
	Submitted by March 26 to wrgcregistrar@sasktel.net in PDF
	6 copies brought with you the day of the competition. RC scripts must be submitted to competition coordinator by
	6:00 on April 7, 2018
Other	Audience Admission will be \$5/day for individuals over 12 years old. All adult admissions (\$5) will receive one free
other	ballot for the door prize and a free program. Athletes are encouraged to bring peanut free snacks and a lunch to the
	event. Tracks Café at the facility is open Saturday but may be closed Sunday. You can visit their website
Droft	http://www.trackscaferegina.com for menu options/prices. No food will be allowed in the competition area.
Draft	Please see page 2
Schedule	



Wascana Rhythmic WRGC Gymnastics Club •

## 2018 WRGC Invitational Competition Schedule

	Schedule Saturday April 7, 2018	
7:30-9:00	Event Set Up	
8:00	Gym Open for Athlete Warm Up	
9:30-9:45	Warm Up on Competition Carpet	
9:45-10:45	Level 1B, 2A, 2B	
10:45-11:00	Warm Up on Competition Carpet	
11:00-11:20	Level 1 and Level 4 Group 1 <sup>st</sup> and 2 <sup>nd</sup> Routines	
11:20-11:35	Warm Up on Competition Carpet	
11:35-12:50	Level 2C, 3A, 3B, 3C, 4A, 4B	
12:50-1:20	OPENING CEREMONIES AND AWARDS *Level 1B, 2A, 2B, 3A, 4A	
1:20-1:50	LUNCH	
1:50-2:05	Warm Up on Competition Carpet	
2:05 - 3:30	Level 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior	
Schedule Sunday April 8, 2018		
	Schedule Sunday April 8, 2018	
7:30	Schedule Sunday April 8, 2018 Gym Open for Athlete Warm Up	
7:30 9:00-9:30		
	Gym Open for Athlete Warm Up	
9:00-9:30	Gym Open for Athlete Warm Up Warm Up on Competition Carpet	
9:00-9:30 9:30-10:40	Gym Open for Athlete Warm Up Warm Up on Competition Carpet Level 2C, 3B, 3C, 4B, 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior	
9:00-9:30 9:30-10:40 10:40-11:10	Gym Open for Athlete Warm Up Warm Up on Competition Carpet Level 2C, 3B, 3C, 4B, 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior AWARDS	
9:00-9:30 9:30-10:40 10:40-11:10 11:10-11:40	Gym Open for Athlete Warm Up Warm Up on Competition Carpet Level 2C, 3B, 3C, 4B, 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior AWARDS LUNCH	
9:00-9:30 9:30-10:40 10:40-11:10 11:10-11:40 11:40-12:10	Gym Open for Athlete Warm Up Warm Up on Competition Carpet Level 2C, 3B, 3C, 4B, 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior AWARDS LUNCH Warm Up on Competition Carpet	
9:00-9:30 9:30-10:40 10:40-11:10 11:10-11:40 11:40-12:10 12:10-1:55	Gym Open for Athlete Warm Up Warm Up on Competition Carpet Level 2C, 3B, 3C, 4B, 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior AWARDS LUNCH Warm Up on Competition Carpet Rhythm Cat 1 <sup>st</sup> Routine	
9:00-9:30 9:30-10:40 10:40-11:10 11:10-11:40 11:40-12:10 12:10-1:55 1:55-2:10	Gym Open for Athlete Warm Up Warm Up on Competition Carpet Level 2C, 3B, 3C, 4B, 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior AWARDS LUNCH Warm Up on Competition Carpet Rhythm Cat 1 <sup>st</sup> Routine BREAK	
9:00-9:30 9:30-10:40 10:40-11:10 11:10-11:40 11:40-12:10 12:10-1:55 1:55-2:10 2:10-3:55	Gym Open for Athlete Warm Up Warm Up on Competition Carpet Level 2C, 3B, 3C, 4B, 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior AWARDS LUNCH Warm Up on Competition Carpet Rhythm Cat 1 <sup>st</sup> Routine BREAK Rhythm Cat 2 <sup>nd</sup> Routine	