


WRGC Invitational (April 7-8, 2018)



**Wascana Rhythmic
Gymnastics Club** 🇨🇦

Host Organization	Wascana Rhythmic Gymnastics Club Regina, SK www.saskwrgc.com https://www.facebook.com/wascanagymnastics/
Contact:	Nikki Czemerer wrgcregistrar@sasktel.net 306-331-8449
Competition Venue	SportPlex Fieldhouse and Lawson Aquatic Centre 1717 Elphinstone Street, Regina SK http://www.regina.ca/residents/recreation/recreation-facilities/sportplex/
Map of Area	
Music and Scripts	<p>Music to be submitted in MP3 format no later than March 26, 2018. Please save to DropBox and share with wrgcregistrar@sasktel.net. You must follow protocol when naming music as per the Nu Curve music program: "First name /Last name/Apparatus/Level/Club"</p> <p>Scripts (where necessary) to be either:</p> <ul style="list-style-type: none"> Submitted by March 26 to wrgcregistrar@sasktel.net in PDF <p>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</p>
Other	<p>Audience Admission will be \$5/day for individuals over 12 years old. All adult admissions (\$5) will receive one free 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 http://www.trackscafergina.com for menu options/prices. No food will be allowed in the competition area.</p>
Draft Schedule	Please see page 2



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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 st and 2 nd 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	
7:30	Gym Open for Athlete Warm Up
9:00-9:30	Warm Up on Competition Carpet
9:30-10:40	Level 2C, 3B, 3C, 4B, 4C, 5A, 5B, 5C, 6A, 6B, Junior, Senior
10:40-11:10	AWARDS
11:10-11:40	LUNCH
11:40-12:10	Warm Up on Competition Carpet
12:10-1:55	Rhythm Cat 1 st Routine
1:55-2:10	BREAK
2:10-3:55	Rhythm Cat 2 nd Routine
3:55-4:10	Warm Up on Competition Carpet
4:10-4:40	Rhythm Cat Junior and Novice Groups
4:40-5:10	AWARDS