

**SPRING INTO SPRING Invitational 2020**

**Date:** April 17 – 19, 2020

**Location:** Gymtastiks of Moose Jaw

Hillcrest Sports Centre

1599 Main Street N. Moose Jaw, SK. S6J 1L5

**Entry Fee:** $125.00 J.O. 3-7

$100.00 J.O. 1 & 2

$125.00 Xcel

$50.00 for Recreational

Payment can be made by one cheque, made payable to **Gymtastiks of Moose Jaw.** Please send a hard copy of your registration with all waivers. Each athlete registered by the deadline will receive a T Shirt. Late registrations will not be guaranteed a T Shirt. Please submit registrations via e-mail complete with T shirt sizes for athletes and coaches. Please submit Recreational Routines as soon as possible.

Registrations are due **Wednesday, March 4, 2020**. Registrations received after March 4th will be subject to a $25.00 late fee per athlete. **Space is limited so register early. Spots will be awarded on a first come first serve basis until we are full.**

Refunds for medical reasons will be given, with a doctor’s note, on or before April 10, 2020. Gymnasts will be registered when both forms and payment have been received.

**Deadline**: Deadline is **March 4, 2020. Please do not send as PDF.**

**Awards:**  J.O. 1-7 & XCEL - As per Gymnastics Saskatchewan Policy.

Recreational – participation medal.

**Inquiries:** Barb Jesse

Phone: 306-692-2303

E-Mail: [office@gymtastiks.com](mailto:office@gymtastiks.com)

**Music:** Compulsory music will be supplied. Please bring optional music on CD.

**ACCESS TO THE GYM is from Main Street turning East onto Thatcher only!**

**HOTEL DEALS – make sure to mention that you are a participant at the Moose Jaw Gymtastiks Competition.**

Super 8 by Wyndham: (306) 692-8888; [super8moosejaw@hotmail.com](mailto:super8moosejaw@hotmail.com)

Located at 1706 Main Street North

Comfort Inn: (306) 692-2100; [comfortinn@sasktel.net](mailto:comfortinn@sasktel.net)

Located at 155 Thatcher Dr. W.  
Grant Hall: (306) 691-2113; [ellen@granthall.ca](mailto:ellen@granthall.ca)

Located at 401 Main Street North  
Temple Gardens Hotel & Spa: (306) 694-5055; [generalmanager@templegardens.sk.ca](mailto:generalmanager@templegardens.sk.ca)

Located at 24 Fairford St. E.  
Quality Inn & Suites: (306) 972-7829; [arauscher@encorehotels.ca](mailto:arauscher@encorehotels.ca)

Located at 323 Diefenbaker Drive

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| **GYMTASTIKS OF MOOSE JAW**  **SPRING INTO SPRING INVITATIONAL**  **April 17 – 19, 2020**  **TENTATIVE SCHEDULE**  **SATURDAY APRIL 18, 2020**  SESSION 1 – 8:00-10:30 J.O. 3  SESSION 2 – 10:30-1:00 J.O. 3  SESSION 3 –1:30-5:00 J.O. 4-7 & Xcel Gold, Platinum, Diamond  SESSION 4 –5:00-8:00 J.O. 2 & Xcel Silver & Bronze  SUNDAY APRIL 19, 2020  SESSION 5 – 8:00-11:00 J.O. 2  SESSION 6 – 11:00-2:30 J.O. 1  SESSION 7 –2:30-6:00 J.O. 1 & RECREATIONAL  **\*\*\*\* J.O. 1 & 2 SESSIONS – PLACEMENT OF CLUBS WILL BE DETERMINED AFTER REGISTRATION DEADLINE.**  We reserve the right to utilize one Session on Friday evening if needed.  **WAIVER** |

Name of Athlete: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_AGE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLEASE PRINT CLEARLY

**GYMTASTIKS OF MOOSE JAW**

**SPRING INTO SPRING Invitational**

**April 17 – 19, 2020**

In consideration of your acceptance of my entry I, intending to be legally bound do hereby, for myself, my heirs, executors and administrators waive and release and forever discharge any and all rights and claims for damage which I may have or may hereafter accrue to me against the Gymnastics Saskatchewan Association, the organizers or their respective officers, agents, representatives and/or assigns for any and all damages which may be sustained and suffered by me in connection with my association with or entry in the above athletic meet or which may arise out of my traveling to or participating in and returning from said athletic meet.

Submission of your registration to the Gymtastiks SPRING INTO SPRING Invitational constitutes your consent to collect, use, disclose and retain your personal information as is reasonable for Gymnastics Saskatchewan and the Gymtastiks Club for the following purposes:

Name, event results, programs, web site results and photo posting.

Athlete’s Signature

(If 18 years of age or over)

Parent/Guardian Date

**T shirt size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**RECREATIONAL ROUTINE SHEET**

Please list skills that will be performed; fill out a sheet for each athlete attending.

Please ensure skills are at the athlete’s level.

**ATHLETE NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**VAULT – CHOOSE FROM (Please indicate which one):**

1. Squat on to 60 cm Box
2. Handstand fall to back on crash mat
3. Handspring to back on 110 cm mats, with Mini Tramp

**BARS – 6 skills**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BEAM – 6 skills (mount, 1 turn, 2 leaps or jumps, 1 scale or acro, dismount)**

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**Floor – 6 skills (3 acro skills, 1 turn, 2 leaps or jumps)**

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