

Rhythmic Gymnastics Manitoba Inc.

**Rhythmic Gymnastics Manitoba
is excited to present**

**2011 Northern Lights Cup
March 9-12, 2011
Winnipeg, Manitoba, Canada**

Dear Rhythmic Gymnastics Friends,

You are cordially invited to take part in the “**2011 Northern Lights Cup**” the 5th invitational tournament in rhythmic gymnastics (previously known as Crocus Cup). The competition will take place at the University of Manitoba Investors Group Athletic Centre the site of the 1999 Pan-American Games.

This year, we are excited to run the 2011 Northern Lights Cup in tandem with the 2011 Elite Canada and Canadian Group Championships. The Northern Lights Cup competitors will have a rare opportunity to compete in the morning for the Cup and view the Canada’s best rhythmic gymnasts in the afternoon. The organizing committee is also excited to use this unique opportunity to treat the competitors of the Northern Lights Cup to a world premiere of Wonderland by the Royal Winnipeg Ballet.

We are looking forward hosting all of you in Winnipeg, March 9-12, 2011.

Sincerely yours,

Rosemarie Cloutis
Meet Director

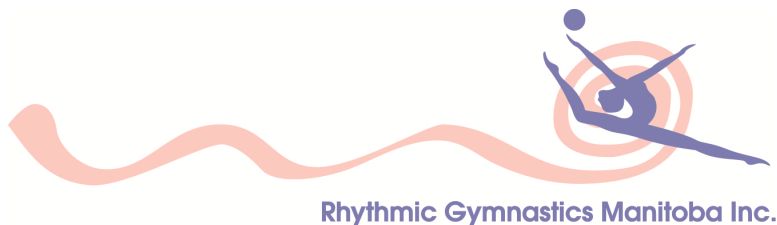
Zlatica Stauder
RGM Executive Director



Rhythmic Gymnastics Manitoba

In partnership with:





Rhythmic Gymnastics Manitoba Inc.

DELEGATIONS - Open – The size of the delegation is optional. However, the competition is limited to approximately 60 competitors. The Organizing Committee therefore reserves the right to decline participation based on provisional registration* numbers. Registrants/participants will be confirmed immediately.
 1 Judge (Provincial 1 minimum, teams with provincial level athletes only)
 1 Judge (Brevet 4 minimum, teams with National/International level of athletes)

COMPETITION - National/ International Individual Competition

LEVEL	DOB
Senior (Levels 9 & 10)	1995 and older
Junior (Levels 9 & 10)	1996 - 1999
Novice (Level 8)	1999 – 2001
Pre- Novice (Level 7)	2001– 2003

- Provincial Individual Competition

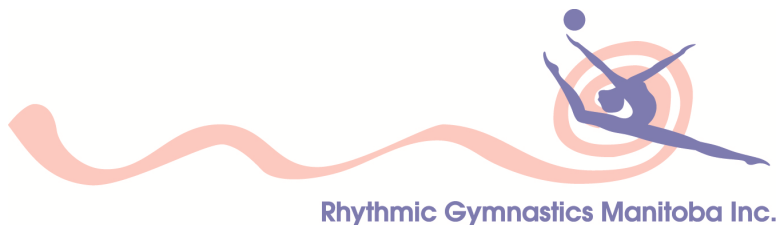
LEVEL	DOB
Senior Provincial Level 6B & 6C	1995 and older
Junior Provincial Level 5B & 5C	1996 - 1999
Novice Provincial Level 4B & 4C	1999 - 2001
Pre-Novice Provincial Level 3B	2001 - 2003

TECHNICAL PROGRAM - The program can be found on bottom of the Competition page on the RGM website:
<http://www.rgmanitoba.com/html/competitive.html>

REGISTRATION DEADLINES -

January 10, 2011	Preliminary Registration is required*. Actual participants to the Northern Lights Cup will be confirmed following the review of the preliminary registration numbers and time allowed. List of accepted competitors will be circulated to all teams by January 12th. Therefore, please do not confirm your travel arrangements until you hear from us!
February 10, 2011 February 10, 2011 February 19, 2011 March 1, 2011	Definitive Registration (forms & payment) Last date for booking hotel Travel Itinerary Scripts - Submit FIG scripts for Difficulty. <i>Send in 1 original only</i> – written in black ink for quality photocopying Music files - Submit music files on USB memory stick. (Instructions to follow.)

LATE REGISTRATION - Preliminary registrations received after **January 10th** and Nominative registration received after **February 10, 2011**, may not be accepted.



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FEES - \$125.00/competitor
\$ 70.00/Elite Canada registered group competitor only (wishing to compete in NLC as individual competitor.)

The fee includes:

- Registration for competition
- Weekend Admission Pass to view Elite Canada/Canadian Group Championships
- Admission to the world premier of Wonderland performance by the Royal Winnipeg Ballet evening of Thursday, March 10, 2011 at the Winnipeg Concert Hall.

Mail Definitive Registration with cheque payable to: Rhythmic Gymnastics Manitoba

Address: Rhythmic Gymnastics Manitoba
145 Pacific Avenue, Winnipeg, Manitoba, R3B 2Z6
Deadline: February 10, 2011

OTHER CONSIDERATIONS -

- The delegations are responsible for the cost of the airfare to Winnipeg, meals, accommodations, and transportation between airport, hotel and the gym.
- Minimum one judge per team is required
- Entry fees are non-refundable after February 24.
- Website information address: <http://www.rgmanitoba.com>

ARRIVAL DATE - Wednesday, March 9, 2011

TENTATIVE PRACTICE - Wednesday, March 9, 2011, 14:00 – 19:00

TENTATIVE COMPETITION SCHEDULE –

Thursday, March 10 8:30 AM – 12:30 PM

Friday, March 11 8:30 AM – 12:30 PM

Saturday, March 12 8:30 AM – 12:30 PM

COMPETITION VENUE -

University of Manitoba, Investors Group Athletic Centre
12 meters unobstructed ceiling height
Gymnova Rhythmic Gymnastics Carpet with subfloor (FIG approved)

SOCIAL EVENING -

Thursday, March 10 – [Wonderland](#) by Royal Winnipeg Ballet

HOTEL: Best Western Pembina Inn & Suits

1714 Pembina Highway
Winnipeg, Manitoba, R3T 2G2

Rate: \$122 per room / per night

Rhythmic Gymnastics Manitoba is pleased to be able to take advantage of the GCG forming a partnership with HTG Sports as their exclusive hotel booking agent for all GCG events. The success of our events relies heavily on the combination of dedicated



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volunteers and established partnerships with sponsors. All clubs requiring hotel accommodations for 2011 Northern Lights Cup are asked to book only through HTG Sports under "2011 Elite Canada" reservations.

HTG Sports has secured blocks of rooms at all participating host hotels so be sure to contact them early to book your team. We thank you in advance for your support.

Click on the HTG Sports LOGO below to open the hotel link.



(<https://notes.htgsports.com/hrms.nsf/0/F1187C11903654AE852577CE006EA489?>)

Instructions for booking your hotel:

1. Click the light blue tab, "Hotel Information"
2. Enter your email address and click "Continue"
3. Click "Book this Hotel" for your selected hotel
4. Fill in room requirements - those boxes marked with the red asterisk are required fields

*NOTE: team managers are responsible for building their team rooming lists

4. SUBMIT
5. Once your request is submitted, it will be AUTOMATICALLY processed. You will receive an email with the confirmation number of your booking. NOTE: Your hotel confirmation number WILL NOT be sent automatically after booking. Expect to receive it a few days before the event.

The Best Western Pembina Inn & Suites, 1714 Pembina Highway is well known for their excellent support of the amateur sport community by taking time to provide services that are a perfect match with the needs of the athletes.

- the hotel provides a home atmosphere
- free buffet style breakfast in their breakfast room
- after 5 snack with hot soup
- Hotel is within easy access to the University by Winnipeg Transit or the Taxi.

TRANSPORTATION –

Flight Information - Winnipeg is the capital of the province of Manitoba and is accessible from almost anywhere in the world. Located in the geographic centre of Canada, Winnipeg and Manitoba is easily accessible by air, land or rail. Depending on where a gymnast is based, the cost of an airline ticket into Winnipeg is on par with the other major cities in Canada.

Air Transportation: Winnipeg James Armstrong Richardson International Airport Services Passenger Carriers Serving Main Terminal Building Air Canada, Bearskin Airlines, Calm Air, First Air, JAZZ, Northwest Airlines, Northwest Airlink, Skyservice Airlines, United Express, WestJet Airlines, Zoom Airlines Other Passenger Carriers: Air West Aviation, Canadian North, Execaire Inc., Fast Air, Kelowna Flightcraft, Keystone Air Service Kivalliq Air, Nolinor, North American Charters 2000, Northway Aviation, Perimeter Aviation, Thunder Airlines, Voyageur Airways, Wasaya Airways, West Wind Aviation.



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Air Times to Winnipeg - Vancouver–2:55 hours, Calgary–2:03 hours, Toronto–2:17 hours, Ottawa–2:25 hours, Montreal–2:33 hours, Halifax–5:25 hours

Road Distance (in kilometers: 1km = 0.62 mile)

Regina, SK	574
Saskatoon, SK	777
Edmonton, AB	1,302
Calgary, AB	1,329
Vancouver, BC	2,372
Kenora, ON	205
Thunder Bay, ON	702
Toronto, ON	2,079
Ottawa, ON	2,171
Montreal, QC	2,291
Quebec City, QC	2,535
Halifax, NS	3,726

Source: Culture, Heritage & Tourism, Province of Manitoba

LOCAL TRANSPORTATION

Cab Fares from Airport to Hotel:

Metered Taxicab Fares, Fares for standard taxicabs and accessible taxicabs.

The fare for conveying one to four passengers in a standard taxicab or accessible taxicab is determined as follows:

- for the first 79.65 meters or fraction of that distance a basic charge of \$3.30
- for each additional 79.65 meters or fraction of that distance \$0.10;
- for each 13.18 seconds of metered waiting time \$0.10;
- for traveling to point of call or after discharge of passengers no charge.

Note: GST included in fare

Driver may ask for fare in advance. Maximum of four (4) passengers

Source: Manitoba Infrastructure and Transportation

Car Rental Companies:

Avis 1-800-879-2847

Airport: (204) 956-2847

Downtown: (204) 989-7521

Budget 1-800-268-8900

Airport: (204) 989-8510

Downtown: (204) 989-8505

Hertz 1-800-263-0600

Airport: (204) 925-6625

Downtown: (204) 925-6600

Thrifty 1-800-847-4389

Airport: (204) 949-7608

Downtown: (204) 949-7620

AWARDS -

Northern Lights Cup Trophy

Individual All Around Awards – 1st to 3rd place will receive trophies, 4th to 8th place will receive medals.



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SCRIPTS - Difficultly scripts are required for ALL levels and categories and must be submitted by March 1, 2011.

MUSIC - To minimize the potential problems with compatibility of different CDs and local sound equipment, the participants are requested to submit music electronically on memory stick and mailed to RGM office with the scripts. The CDs will be used only as back up at this competition. Digital files must be submitted by March 1, 2011. Instruction to follow.

TECHNICAL RULES:

Competition will be judged according to the 2009 -2012 FIG Code of Points and GCG- RG Technical Rules and Regulations.

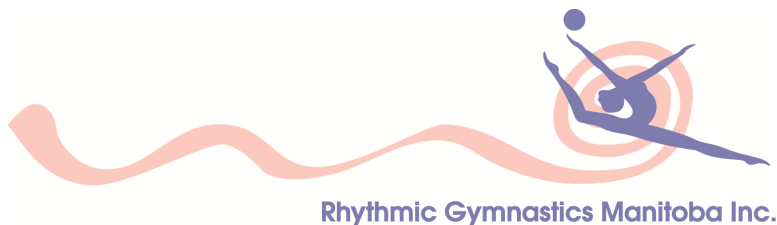


PRESENTS

WONDERLAND

RWB Tara Krombholz & Yvonne Lemire in Wonderland photo: David Cooper





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 Rhythmic Gymnastics Manitoba	2011 Northern Lights Cup Definitive Registration Deadline: February 10, 2011
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COUNTRY/PROVINCE:	
CLUB NAME:	
Contact Name:	
Address:	
Coach Name:	Judge Name:
Contact Phone #:	Fax #:
Email:	

Participants:

Last Name	First Name	Level	Birth Date	Registration Fee

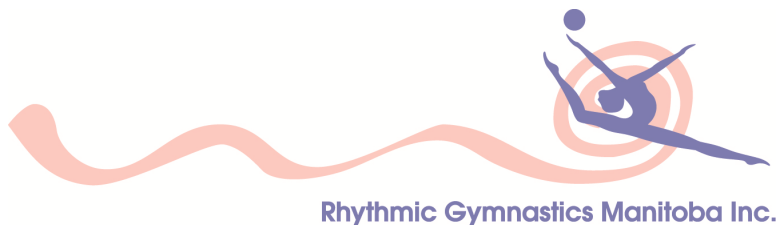
Gymnast Registrations: _____ @ \$125.00 = \$ _____

Gymnast Registrations: _____ @ \$ 70.00* = \$ _____ (*Elite Canada Group participants only)

Total Amount of Cheque \$ _____ **Received** _____

Mail Definitive Registration Payable to: Rhythmic Gymnastics Manitoba
Address: Rhythmic Gymnastics Manitoba
145 Pacific Avenue
Winnipeg, Manitoba, R3B 2Z6

Deadline: February 10, 2011



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 Rhythmic Gymnastics Manitoba	2011 Northern Lights Cup Travel Itinerary Deadline: February 19, 2011
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COUNTRY/PROVINCE:

CLUB:

ARRIVAL at Winnipeg International Airport

Date:	Airline:	Flight No.:	Time:	# of Persons in Delegation

DEPARTURE from Winnipeg International Airport

Date:	Airline:	Flight No.:	Time:	# of Persons in Delegation

DATE: _____ / _____ / _____ Signature: _____