



THE 11TH ANNUAL

WHIRLED MASTERS GYMNASTICS CLASSIC

PRESENTED BY



OAKVILLE
GYMNASTICS CLUB

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A WORD FROM THE MEET DIRECTOR

We're back! 2020 was going to be my last year doing this, but many of you know how that went and I was left disappointed with how things ended. Enough people have come out to support the continuation of this event that I've agreed to give it another try.

My new Event Manager, Micayah Coutinho, has spearheaded the charge to make this year's event happen. She'll be taking care of much of the administrative tasks that I've struggled with in the past. Don Holmes is continuing his support of this event as the General Manager of the Oakville Gymnastics Club. His love of the sport and, in particular, his support of masters gymnastics has allowed this event to succeed each year we've hosted at the Oakville Gymnastics Club. As a long-time supporter of masters gymnastics, he understands the unique quality of the masters category and always shows up to share the experience with us. There are many others that support this event and it's impossible to list them all as there are many different roles to fill. My apologies for missing anyone's contribution in this forum.



We all know that gymnastics is a tough sport and tends to favour the younglings. That's no reason to quit, though. For those of you who've kept involved in the sport or have just discovered the benefits of gymnastics, hopefully, this event can give you a goal or the motivation to achieve a little more from your training. I've always enjoyed how an event can bump up my training by giving me a goal to work towards. Make this your goal and maybe you'll notice the same thing.

As for me, I just love gymnastics and I think that masters is an underappreciated category. The lack of opportunity for masters isn't unexpected; lots of work, a small pool of athletes, and low revenue all make running a masters event quite difficult to get moving, let alone approved. If you know a gym running a masters event, thank them as there must be a motivated individual or two demonstrating their love of the sport. My inspiration for this event came from other gyms such as Quinte Bay Gymnastics and Gymnastics Energy. They hosted amazing masters events for many years and much of how this event runs is "borrowed" from them. The support for masters continues with other events such as the Pulsars Gymnastics Classic in June. As someone who looks for men's events, the opportunities are even more sparse.

Please stay safe while training, show us "what you've got," have a great time, and think of all the inspiration you give to the younglings who watch you train past the usual age of "retirement" from this fantastic sport. It gives them hope for their gymnastics future, even if they don't/can't express it in words.

I'll see you at the Back Tuck Circle of Rainbows and Happiness.

SINCERLY,
ERIC LAURIN



EVENT OVERVIEW

This event is open ONLY to athletes aged 18 and above.

This event will not be formally judged, rather special awards from viewers will be given to athletes

Location: Oakville Gymnastics Club

1415 Third Line Oakville, ON

Date: Saturday, March 9th, 2024

Start time: 3pm EST

Categories

Womens Artistic

This competition does not require you to register with an OCP level. This competition will not be judged traditionally, however, special awards will be presented to certain athletes (see page 6 for more information).

When you register we do ask that you indicate an OCP level that will best represent the level of difficulty your routines will be, this is simply so we can structure the order of gymnasts most effectively.

Mens Artistic

This competition does not require you to register with an OCP level. This competition will not be judged traditionally, however, special awards will be presented to certain athletes (see page 6 for more information)

When you register we do ask that you indicate an OCP level that will best represent the level of difficulty your routines will be, this is simply so we can structure the order of gymnasts most effectively.

REGISTRATION INFORMATION AND PRICING

PLEASE REGISTER VIA THE LINK BELOW

[REGISTRATION LINK](#)

REGISTRATION DEADLINES & PRICES:

	Regular <u>January 31st - February 26th, 2024</u>	Late <u>Feb 27th - March 4th, 2024</u>
Multiple Events:	\$60.00 CAD	\$70.00 CAD
Single Events:	\$35.00 CAD	\$35.00 CAD
Included Extras:	Complementary Holmes Athletics Canada Event T-Shirt (deadline to sign up and receive t-shirt is Feb 9th)	N/A

PAYMENT METHODS:

Cheque	Paypal or Interact e-Transfer	Cash
Eric Laurin 2410 Eaglesfield Dr Burlington, ON L7P 3V5	ericlaurin@msn.com (please include the word MASTERS in optional message space)	Contact Micayah Coutinho to arrange.

ADMISSIONS FOR SPECTATORS:

General	\$2.00 CAD
Children & Seniors (Under 13 & 65+)	FREE

Payment for spectators can be made in advance or cash will be accepted at the door.

Paying for spectators in advance: Please indicate this on the registration form. Please send a separate e-transfer and include the word "spectators" in the optional message space.

COMPETITION RULES AND REGULATIONS

Competition Rules

Women's Artistic: Create fun and interesting routines to show off your skills as a Masters athlete. Use PG-rated floor routine music. Gymnastics costumes/suits are encouraged.

Men's artistic: Come prepared with at least a six-move routine on pommels, p-bars, rings, and high bar; some kind of vault; and eight moves on floor. It doesn't need to be fancy, but we enjoy the entertainment if you're able.

This event will not be judged/scored. Guest judges will be voting to select certain athletes for special awards. These awards Include:

- Straightest arms on Vault (Men & Women)
- Best landing on Bars (Men & Women)
- Most confident Beam (Women)
- Most Artistic Floor Routine (Women)
- Most powerful Floor (Men)
- Straightest Legs on Pommel Horse (Men)
- Best stuck routine off Rings (Men)

And a few more fun awards!

Floor Routine Music:

All floor routine music should be submitted through the following [Dropbox link](#) by **March 3rd**. If you are unsure how to submit via this dropbox link, please see [this document](#) for more details. If you wish to submit a USB with your music, this must be submitted to Micayah Coutinho, you can contact her via email to coordinate further details.

Gymnast Eligibility:

Masters competition is open to anyone 18 years of age or older. Athletes **MUST** be members of Gymnastics Ontario. Current coaches are already members; ask your gym for your number.

Equipment:

All equipment as per G.O. Standards. All men's and women's events will be available. Special equipment allowances: Mushroom is available for pommel horse. Pit landing are available if required.



SCHEDULE

3:00pm-3:30pm	Registration
3:30pm-4:30pm	General Warm-Up & March-in National Anthem + Land Acknowledgement
4:30pm-8:30pm	Competition
8:30pm - 9:00pm	Awards Ceremony & Special Events

SPECIAL EVENTS:

Rope Climb – Be the fastest to the top to win.

Back Tuck Circle of Rainbows and Happiness

Round 1: 2 minutes – all athletes do a back tuck every 10 seconds.

Round 2: 2 minutes – all athletes do a back tuck every 8 seconds.

Round 3: undefined – all athletes do a back tuck every 6 seconds until only 6 participants remain.

Round 4: standard back tuck circle. Each participant does a back tuck, one at a time.

Be the last one in the circle to win.

Spectators (Gymnastics Ontario members) can compete in this special event for \$10.



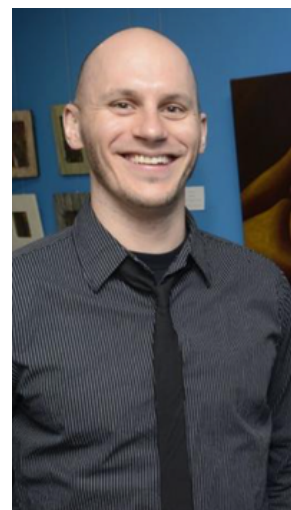
CONTACT INFORMATION

Eric Laurin

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Micayah Coutinho

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