

**3th- 5th of May 2019**

**Individual & Group Exercises**

**Lebanon**

**Zouk Mickael**

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***INVITATION***

***Dear friends,***

We have a great pleasure to invite you to participate in

***“The Phoenix First International Cup***

***of Rhythmic Gymnastics”***

which will take place on May 3rd till May 5th 2019 at Stade Nouhad Naufal sport Arena, Lebanon - Zouk Mickael.

**Preliminary Schedule:**

**Friday, 3rd of May:**  Arrival of Delegations, Technical Meeting

Competition Day- depending on number of participants

**Saturday, 4th of May:** Competition Day

**Sunday, 5th of May:** Competition Day,Gala-show, Banquet **(25$ per person)**

**Monday, 6th of May:** Departure of Delegations

**Individual exercises A, B & B light level** Delegation: Unlimited number of competitors 1 judge, coaches

**Group exercises:**

Delegation: Unlimited number of groups 1 judge, coaches

**DEADLINES:**

Preliminary entry: **March 15th, 2019**

Definitive entry: **April 10th, 2019**

Hotel Reservations: **April 1st, 2019**

Music: **April 10th, 2019**

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***Organized by:***

**Stade Nouhad Naufal**

**With support of Lebanese Gymnastics Federation**

Contact person:

**Antoun Khalil**

General Manager of Stade Nouhad Naufal: +961 3 348 281

Email: tony@primetime-lb.com

**Olga Strizhakova- Bassil**

Coordinator/Coach of Rhythmic Gymnastics: + 961 79129181 (what’s app)

Email: [ostrizh@hotmail.com](mailto:ostrizh@hotmail.com)

**COST:**

Program individual – **45 $ USA** **per gymnasts.**

Program group –**25 $ USA per gymnast**.

**Registration**

All applications must be send to **e-mail:** [ostrizh@hotmail.com](mailto:ostrizh@hotmail.com) not later than

**April 10th, 2019.**

**Awards**

Diplomas and presents for all gymnasts.

Each category from 1st to 3rd place gets medals.

Winner of the Competition is awarded with the Tournament Cup.

****Music**

Music for the competition must be record in mp3 format on own CD-R disc or USB also with each music routine.

All the music should be sent on email: [ostrizh@hotmail.com](mailto:ostrizh@hotmail.com) in mp3 format not later than 10th of April 2019 with the name of gymnasts and routine.

**Judges**

Each delegation must include 1 judge, 1 coach, unlimited numbers of participants.

**Each delegation must ensure the work of judge throughout the three days of competitions.**

On the days when the judge is working lunches are provided at the organizer’s cost.

**Accomodation**

**Princessa Hotel, Lebanon\*\*\*\***

****Hotel Princessa is the main hotel of the tournament, where the technical meeting and banquet will take place. It is situated in Jounieh Bay with the beautiful Sea view, just 10 minutes away from Competition Venue.

**Cost:** **65 $ USA per person per day.**

Half-board service (Breakfast+bed+dinner)

**Transfer**

Transfer will be provided by organizer (Airport - Hotel – Venue – Hotel - Airport). Transfer price: **30$ per person.**

**All costs, entrance fees and accommodation costs, have to be paid to the organizer**

**on the technical meeting.**

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**Visa**

Visa will be opened upon arrival at the airport.

Please verify with your travel agent or the Lebanese Embassy or Consulate in your country if a visa is required for your travel to Lebanon. The Organizing Committee will be happy to assist each Delegation member with an official invitation letter before 1st of April 2019.

**Insurance**

All delegations are responsible to have the necessary coverage in case of accidents or illness. Organizers are not responsible for any liability a case of accident.

**Photos & Videos**

Professional photographer will be available (advanced registration is required)

**Gala-Show**

Gymnasts are welcome to participate in the Gala-program with performance of maximum 3 minutes.

**Banquet**

Banquet will be in the evening on 5th of May. All the details we will let you know later.

***WE ARE LOOKING FORWARD TO WELCOME YOU IN OUR COMPETITION***

** *IN LEBANON!***

**Technical Program – Individual Exercises**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **A** | **B** | **B light** |
| **Baby**  **2013**  **& younger** | **\_\_\_\_\_\_\_\_\_\_** | **Free**  **BD-7 highest count** | **Free**  **BD-5 highest count** |
| **Mini**  **2012-2011** | **Free + Rope**  **BD-7 highest count** | **Free**  **BD-7 highest count** | **Free**  **BD-5 highest count** |
| **Children**  **2010-2009** | **2 App by choice** | **Free-BD 9 max**  **+ 1 App by choice-BD-7** | **Free**  **BD-9 max** |
| **Pre-Juniors**  **2008-2007** | **2 App by choice** | **1 App by choice** | **\_\_\_\_\_\_\_\_\_\_\_** |
| **Juniors**  **2006-2004** | **3 App by choice**  **FIG** | **2 App by choice**  **FIG** | **\_\_\_\_\_\_\_\_\_\_\_** |
| **Seniors**  **2003 & older** | **3 App by choice**  **FIG** | **2 App by choice**  **FIG** | **\_\_\_\_\_\_\_\_\_\_\_** |

**Technical program – Group Exercises**

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|  | **A** | **B** |
| **Mini**  **2011 & younger** | **Free**  **BD- 7 highest count** | **Free**  **BD-5 highest count** |
| **Children**  **2010-2009** | **Free- BD 9 max**  **+1 App by choice BD-3 highest count** | **Free-BD 9max** |
| **Pre-Juniors**  **2008-2007** | **Free- BD 9 max**  **+1 App by choice BD-3 highest count** | **Free-BD 9max** |
| **Juniors**  **2006-2004** | **2 Exercises**  **FIG** | **1 Exercise by choice**  **FIG** |
| **Seniors**  **2003 & older** | **2 Exercises**  **FIG** | **1 Exercise by choice**  **FIG** |

**Registration Form**

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| --- | --- |
| Country |  |
| Club |  |
| Coach |  |
| Judge |  |
| Contact Number |  |
| E.mail |  |

**Participants**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name of Gymnasts | DOB | **Category** | floor | rope | hoop | ball | clubs | ribbon |
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| Names of Persons | Country/Club | Date of Arrival | Date of Departure |
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**Hotel Accommodation**

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