

#### INVITATION

# International rhythmic gymnastics tournament "Autumn Grace" 2019

#### 16.11.2019

Place: Estonia, Keila city, Keila Tervisekeskus competition hall

(adress: Paldiski mnt 17)

Organizer: GC Graatsia

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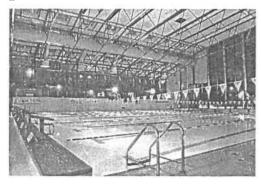
Participants: The delegation consists of gymnasts, 1 coach and 1 judge.

Start fee per 1 gymnast- 40 EURO. All participants will be awarded by diploms and presents. First three places will receive also medals. 4, 5, 6 places will be also awarded!!! The organizer awards Miss Graces of the competition by special prizes. Each year of birth will be awarded separately.

## Program:

<u>Friday 15.11.2019</u> – Arrival of the delegations, training in the competition hall

<u>Saturday 16.11.2019</u> – Judge meeting, competition, GALA show It is possible to go to a swimming pool in the competition hall. If you are interested, please contact the organizer. The price is 5 EURO per 1 person.



Each club can perform at least 1 performance to the Gala Show on Saturday. PLEASE contact us if your club wants to participate in Gala Show.

Please contact the organizer if you need a hotel, we will offer hotels in Tallinn city 15 minutes far from the competition hall or Keila competition hall Hostel, where is only 29 places.

### **TECHNICAL PROGRAM**

Level A

**EXTRA 2013 performance without apparatus** 

MINI (2012) – FREE HANDS (3-7 difficulties)

MINI (2011) – FREE HANDS + 1 APPARATUS BY

CHOICE (3-7 difficulties)

<u>CHILDREN (2010, 2009)</u> – FREE HANDS + 2 APPARATUS BY CHOICE ( 3-7 difficulties)

PRE-JUNIOR (2008, 2007) – 3 APPARATUS BY CHOICE (3-7 difficulties)

JUNIOR (2006, 2005, 2004) - 3 APPARATUS BY CHOICE, FIG/UEG RULES

SENIOR – 3 APPARATUS BY CHOICE, FIG RULES

Level B

## **EXTRA 2013 performance without apparatus**

MINI (2012) – FREE HANDS ( 3-7 difficulties)

MINI (2011) - FREE HANDS (D max- 3.0,

3-7 difficulties)

<u>CHILDREN (2010, 2009)</u> – FREE HANDS + 1 APPARATUS BY CHOICE (D max- 4.0, 3-7 difficulties)

PRE-JUNIOR (2008, 2007) – 2 APPARATUS BY CHOICE (D max-6.0, 3-7 difficulties)

<u>JUNIOR (2006, 2005, 2004)</u> – 2 APPARATUS BY CHOICE (D max-6.0, 3-7 difficulties)

SENIOR - 2 APPARATUS BY CHOICE, FIG RULES

## Level B II

**EXTRA 2013 performance without apparatus** 

MINI (2012,2011) - FREE HANDS (D max- 2.0,

3-7 difficulties)

**CHILDREN** (2010, 2009) - FREE HANDS (D max- 3.0,

3-7 difficulties)

PRE-JUNIOR (2008, 2007) – 1 APPARATUS BY CHOICE (D max-4.0, 3-7 difficulties)

<u>JUNIOR (2006, 2005, 2004)</u> – 1 APPARATUS BY CHOICE (D max-5.0, 3-7 difficulties)

We kindly ask you to let us know about your arrival till the <u>11.10.2019</u>

Best regards our dear friends, hope to see you!

Maria and Diana