



www.uksirina.pl

e-mail: lord1108@hotmail.com; lord11@firma.pl

ul. Narbutta 14

02-541 Warszawa

Facebook: uks irina

We invite your delegation to the

**VIII INTERNATIONAL RHYTHMIC GYMNASTICS
TOURNAMENT
IRINA-CUP**

08-10.04. 2016

Warsaw Poland

Dear friends,

**We are very pleased to invite you to attend the VIII edition of the
international rhythmic gymnastic
tournament "Irina Cup".**

**The competition will take place from 08-10 April 2016 in Warsaw,
Poland.**

We look forward to meeting you in The Poland!

Organizer:

Federation

UKS „IRINA” and Polish Gymnastics

Tel/fax + 48 22 851 05 58

e-mail lord1108@hotmail.com

Phones of organizers : + 48 608 300 832 Irina Lortkipanidze;

+48 602 696 675 –Sławomir Kardaszewski

Competition hall :

Sports hall

Szkoła Podstawowa N 85

Ul. Narbutta 14 Warszawa

Schedule of tournament :

Friday, 08.04.2016. Arrival of delegations , training, technical and judge meeting

Saturday, 09.04.2016. Judge meeting , all-round competition , **Gala** Show program for gymnasts.

Banquet for caches/ judges.

Sunday, 10.04.2016. Warsaw –city Sightseeing, all-round competition , departure of delegations

Monday 11.04.2016 Departure of delegation

Categories:

2009/2008- Without apparatus

2007- apparatus by choice

2006- 2 exercises, 1 exercise without apparatus and 1 exercise by choice

2005 -2 Apparatus by choice

2004 - 2 apparatus by choice

2003 -3 apparatus by choice

2001/2002 -3 apparatus by choice

Delegations: 1 gymnast per categories !!! /max 4 gymnasts/

1 coach

1 judge

Delegations coming without a judge will be charged a penalty of €50,-

Attention; important!!!

1-2 Gymnasts from each club are welcome to participate in gala program with performance of max 3 min.

Application:

Definitive application till 15.02.2016.

Till 25 March 2016:

Please send us the forms for each composition to the mail adres:

lord1108@hotmail.com

Please also send the music in MP3 file by e-mail muzyka@uksirina.pl

Only 12 first foreign delegations(max. 2 per country) returning their definitive subscription by deadline will be entered into the competition.

Costs

***Registration fee for each gymnast is 45 Euro.**

***Hotel charge: *Hotel charge:**

50 Euro/person/night- double room including breakfast+1 meals

75 Euro/person/night - single room, including breakfast+1 meals

***For every extra gymnast in category registration fee is 55 Euro.**

The expenses for accommodation for extra persons and extra days are fixed at 65 € per day and per person.

Warsaw sightseeing 25 Euro/person

Transport

Costs transport Warsaw Chopin Airport – Hotel and back:

1-4 persons € 10,- / person

5-8 persons € 20,- / person

9 persons or more €25,- / person

IMPORTANT!!!

Please check on which airport in Warsaw you arrive !

* **AIROPORT Warsaw CHOPIN** -we will arrange your transfer to hotel .

If it **AIRPORT MODLIN**- Please arrive at the central Warsaw, and contact us at
tel.nr

+ 48608300832

(Irina Lortkipanidze)

After we will arrange you access to the hotel

EXPRES BUS CONNECTION FROM MODLIN AIROPORT TO WARSAW-CENTRE

Timetable , see page:

<https://www.modlinbus.pl/strony/page/rozklad-jazdy>

PAYMENT The registration fee, accommodation costs and transport costs can be paid in cash or by bank. Payment by bank will only be accepted if the full amount is paid before **15 March 2016**.

Payments and bank account:

Alior Bank : PL 98 2490 0005 0000 4100 9358 1112

SWIFT Code (BIC+): ALBPPLPW

- The organiser is covering **all costs for meals** of 4 gymnasts, judge and coach from Friday **08/04 evening (dinner)** till Monday **11/04 morning (breakfast)**.
- Organisers is not covering travelling.

Important!!!

- **Visa:** If you need an official invitation to obtain a visa to travel to Poland, please contact us as soon as possible no more **than 01 February 2015** (please, fill the documents below)

Individual all around (for each category)

First 3 positions will be awarded with medals: Gold-Silver-Bronze , cups and special presents.

Gymnasts in position 4-6 will be awarded with diplomas and special presents

The gymnast will be awarded for all around competition and each separately in each category, with a maximum of 1 gymnast per club.

<i>Category</i>	<i>Age</i>	<i>Competition</i>	<i>Difficulty</i>
<i>Category I</i>	<i>2009/2008</i>	<i>Without apparatus</i>	<i>Without apparatus 3-6 difficulties, min. 3 dance step D max =5.00</i>
<i>category II</i>	<i>2007</i>	<i>Without apparatus</i>	<i>4-7 difficulties, min. 3 dance step Dmax = 5.50</i>
<i>category III</i>	<i>2006</i>	<i>2exercises, 1exercise without apparatus and 1 exercise by choice</i>	<i>Without apparatus 4-7 difficulties, Dmax =6.00 4-7 difficulties, max. 3 DER, max. 3 mastery, Dmax = 6,50</i>
<i>category IV</i>	<i>2005</i>	<i>2 Apparatus by choice</i>	<i>4-7 difficulties, max. 3 DER, max. 3 mastery, Dmax = 7,000</i>
<i>category V</i>	<i>2004</i>	<i>2 apparatus by choice</i>	<i>4-7 difficulties, max. 3 DER, max. 3 mastery, Dmax = 8.000</i>
<i>category VI</i>	<i>2003</i>	<i>3 Apparatus by choice</i>	According to FIG
<i>category VII</i>	<i>Junior 2001/2002</i>	<i>3 apparatus by choice</i>	According to FIG

WELCOME IN WARSAW !!!

VII INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

"IRINA-CUP"

DEFINITIVE ENTRY till 15 February 2015

UKS „IRINA” and Polish Gymnastics Federation

Tel/fax + 48 22 851 05 58

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ACCOMMODATION FORM

Federation		Contact person:	
		Phone:	
		E-mail:	

Arr. day	Dept. day	LAST NAME, First Name	Date of birth	Function	Start fee	Price per person per night	sightseeing	Transport Airoport-hotel Train station- hotel	Total
		TOTAL:							
								GRAND TOTAL=	

Special requirements

Place and date 15.02.16

Seal of the NF

NF authorised signature: RG