

## Invitation

### 42 International Rhythmic Gymnastics Tournament "Brzeg Dolny Cup", 10-11 November 2018

We are very glad to invite your delegation to our  
International Rhythmic Gymnastics Tournament  
which will in Brzeg Dolny (Poland), from November 10 till 11

#### Address of Accommodation and Competition:

Sport hall „ROKITA” - ul. Wilcza 8, BRZEG DOLNY  
Hotel „ROKITA” and „STARA STOŁÓWKA”

#### Preliminary Program

Friday, 09 November 2018

- arrival from Wrocław, accommodation in Brzeg Dolny,  
*provide transportation to and from Wrocław to Brzeg Dolny*
- training at the competition hall, technical meeting

Saturday, 10 November 2018

- judges meeting
- all-around competition

Sunday, 11 November 2018

- competition, results and ceremony protocolaries,
- departure

#### Charges

- the delegation is obligated to pay 35 euros / person  
(the fee includes hotel accommodation and full board -  
Friday evening 09.XI - dinner, Sunday 11.XI - breakfast)
- the organizer does not cover travel expenses
- start-up money: € 35 for each participating gymnastics.
- additional persons and extra day/40euros/person per night
- at the tournament - MERINO shop

#### Delegation

Each delegation consist of 12 persons:  
10 individual gymnasts, 1 judge, 1 coach

#### Note

- Please return application no later than **15 october 2018**
- **IMPORTANT** - in case of large number of club application,  
the list may be closed before **15 October!!!!**
- Music (mp3) (**25 october 2018**) - [muzyka.brzegdolny@gmail.com](mailto:muzyka.brzegdolny@gmail.com)



## Categories and technical program

| birth date               | categories | exercise                      | technical program                                       |
|--------------------------|------------|-------------------------------|---|
| 2011/2012                | A          | - 1 exercise:<br>(free)       | BD min.3,<br>S min.3 – (free)                           |
| 2010                     | A          | - 1 exercise:<br>(free)       |   |
| 2009                     | A          | - 2 exercises:<br>(free+app.) | BD min.3,<br>S min.2 (apparatus)<br>S min.3 (free)      |
|                          | B          | - 1 exercise:<br>(free)       | R min.1-max.3 (apparatus)<br>R – there isn't any (free) |
| 2008                     | A          | - 2 exercises:<br>(free+app.) | BD min.3,<br>S min.2 (apparatus)<br>S min.3 (free)      |
|                          | B          | - 1 exercise:<br>(free)       | R min.1-max.3 (apparatus)<br>R – there isn't any (free) |
| 2007                     | A          | - 3 exercises<br>(apparatus)  | BD min.3,<br>S min.2,<br>R min.1-max.4,                 |
|                          | B          | - 2 exercises<br>(apparatus)  |   |
| 2006                     | A          | - 3 exercises<br>(apparatus)  | BD min.3,<br>S min.2,<br>R min.1-max.4,                 |
|                          | B          | - 2 exercises<br>(apparatus)  |   |
| Junior<br>2003/2004/2005 | A          | - 4 exercises                 | International terms for juniors                         |
|                          | B          | - 2 exercises                 | International terms for juniors                         |
| Senior<br>2002 and older | A          | - 4 exercises                 | International terms for seniors                         |
|                          | B          | - 2 exercises                 | International terms for seniors                         |

**We look forward to your participation in our competition!**

**APPLICATION**

**Brzeg Dolny, 09-11 November 2018**

**Delegation:** .....

**Contact phone:** .....

**e-mail:** .....

|     | <b>Name</b> | <b>Category-birth date</b> | <b>Apparatus</b> |
|-----|-------------|----------------------------|------------------|
| 1.  |             |                            |                  |
| 2.  |             |                            |                  |
| 3.  |             |                            |                  |
| 4.  |             |                            |                  |
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| 9.  |             |                            |                  |
| 10. |             |                            |                  |

**Name of competitors**

**Coach:** .....

**Judge:** .....

**Additional persons:** .....

**Transportation plans**

**Arrival** 09.XI.2018r      **Departure** 11.XI.2018r

**Time:** .....

**Mean of transport:** .....

**Please return application no later than 15. X. 2018 to:**

**E-mail:** marzenasakowicz@gmail.com  
ormaniec @ box43.pl  
1961saker@gmail.com

**Mobil phone** +48 602539050 (Miroslaw Sakowicz)  
+48 606993050 (Marzena Sakowicz)



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**Brzeg Dolny, 09-11 November 2018**

**Delegation:** .....

**Contact phone:** .....

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