

Dear Friends,

It is our pleasure to invite you to our 2nd Rhythmic gymnastics competition **MELISSANIDES CUP**, which will be held on the 25-28 February 2011, Nicosia, Cyprus.

Organizers: **MELISSANIDES Gymnastics Club** in co-operation with **Gymnastics Club DIAGORAS** under the auspices of the **RUSSIAN CULTURE CENTER** in the Republic of Cyprus and the **Cyprus Gymnastics Federation**.

E-mail: rsg@primehome.com
Fax: 00357 22 357 757
Mobile Telephone: 00357 99 522405 / Olga (English/Russian/Greek)

Guests of Honour:

Delegations: **2 Delegations per Country will be accepted**

3 gymnasts (One from each age category stated in the technical regulations)
1 Coach ,
1 Judge
1 Manager

Travel Expenses: Airfares have to be paid by the delegations

Accommodation: All Delegations will be hosted at the **Hilton Park Hotel**, Nicosia, Cyprus (www.hilton.com)

First 6 persons from each delegation (1 Judge, 1 Coach, 1 Manager and 3 gymnasts) have to pay 50 euro per day/per person

Additional gymnasts coaches, parents, guests – 60 euro per day/ per person

All costs have to be paid during the Judge meeting.

Transportation: Local transportation from/to Larnaca International Airport (LCA) to the hotel will be provided by the organizers. As well as local transportation from/to the hotel to the gym.

Please send us your flight details in order to make necessary arrangements (Please fill attached Travel Details form).

Participation fee: **25 euro /each participating gymnast.**

D1 and D2 forms: D1, D2 forms are according to the FIG rules.

** The forms should be sent by e-mail 1 copy for each routine by 20 February 2011.

Provisional program

Friday 25 February 2011	Arrival, Podium training Technical Meeting
Saturday 26 February 2011	Individual All Around Competition
Sunday 27 February 2011	Finals, Gala, Award Ceremony.
Monday 28 February 2011	Departure

Note: The first 8 gymnasts in each apparatus of all – around competition, qualify for the finals, with a maximum of 1 gymnast per club. The organizing club is reserving the right to participate with 2 gymnasts in finals.

Closing Ceremony Gala: We welcome any delegation to participate in the Closing Ceremony Gala. (Please fill Gala form).

Awards: Individual all around competition and apparatus finals
Medals will be awarded for the top 3 gymnasts in each category and each apparatus separately.
Certificates and presents will be awarded to all participants.

Visas: You can obtain visas to Cyprus from Cyprus Embassies in your home countries. We will be glad to assist you to obtain visas from the embassies by providing an official visa authorization letter for the members of your delegation to the Embassy.
You are kindly requested to inform us about the documents necessary as soon as possible.
Please, indicate in your letters names, surnames, and dates of birth, passport numbers and dates of expiry of the passports of all members of the delegation. (Fill Visa Request form).

Insurance: All participants should have their own health insurance .

National Flag: *All delegations are kindly requested to bring their national flag.*

Music: All music must be recorded on CD (clearly labelled with the gymnast's name, club, country, apparatus and category).

Deadlines: Provisional Registration: before 5 February 2011.
Definite Registration and Gala forms: before 18 February, 2011

Please don't hesitate to contact us for any further information.

Looking forward to your participation in our competition.

Sincerely yours

TECHNICAL PROGRAMM

Category	Apparatus	D1	Difficulty No.	D2	Artistry	Ex
BABY. Born 2002 & Younger	Free 1 App by choice	6.00	Free routine Max 10 Diff. 3-3-2-2 A-F elements			
		4.80	Apparatus: Max. 8 diff A-F Elements	7.00	10.00	10.00
MINI Born 2001	2 App by choice	6.00	Max.10 diff. A-F Elements	8.00	10.00	10.00
HOPES Born 2000	2 app by choice	6.00	Max.10 diff. A-F Elements	8.00	10.00	10.00
PRE-JUNIOR Born 1999	3 App by choice	According to FIG rules				
JUNIOR-A Born 1998	3 App by choice	According to FIG rules				
JUNIOR-B Born 1997- 1996	According to FIG rules	According to FIG rules				
SENIORS	According to FIG rules	According to FIG rules				

VISA REQUEST

Delegation	Name	Birth date	Passport No Issuing office	Date of issue / expiry
1. Gymnast				
2. Gymnast				
3. Gymnast				
4. Gymnast				
5. Gymnast				
4. Judge				
5. Coach				

Contact address to the Embassy:

Tel: _____ Fax: _____ E-mail: _____

PRELIMINARY ENTRYSEND BACK BY 5 FEBRUARY 2011

		Number of participating gymnasts
COUNTRY		
NAME of CLUB		
Contact Person		
e-mail of Club		
Fax of Club		
Tel. of Club		
Coach		
Judge		
Senior gymnast		
Junior gymnast		
Junior gymnast (1998)		
Pre-junior gymnast		
Mini gymnast		
Baby gymnast		

Please send back the completed form to:

e-mail: rsg@primehome.com or fax: 00357 22 357757

DEFINITIVE ENTRYSEND BACK BY 18 FEBRUARY 2011

COUNTRY	
NAME of CLUB	
Contact Person	
e-mail of Club	
Fax of Club	
Tel. of Club	
Name of Coach	
Name of Judge	
Number of persons for accommodation	

Name of the gymnast	Category	Date of Birth	Apparatus

Please send back the completed form to:

e-mail: rsg@primehome.com or fax: 00357 22 357757

ENTRY FORM FOR GALA PERFORMANCE

SEND BACK BY 18 FEBRUARY 2011

Federation / Club from: _____

Name of gymnast(s): _____

Performance: Music: _____

Composer: _____

TRAVEL PLAN

SEND BACK BY 18 FEBRUARY 2011

COUNTRY:

CLUB:

ARRIVAL :

DATE	
TIME	
FLIGHT/TRAIN/CAR/BUS	
NUMBER of PERSONS	

DEPARTURE:

DATE	
TIME	
FLIGHT/TRAIN/CAR/BUS	
NUMBER of PERSONS	

Please send back the completed form to:

e-mail: rsg@primehome.com or fax: 00357 22 357757