



www.uksirina.pl

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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: UKS „IRINA” and Polish Gymnastics Federation
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, 1exercise 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.

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