

CRNA GORA KUP



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3rd INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

5th May

Podgorica – Montenegro

Dear sport friends

We have pleasure to invite you to the International rhythmic gymnastics tournament which will be held 5th May in Podgorica Montenegro

Organizing committee:

Gymnastics klub Prior

Ul. Vojisavljeviča , Podgorica – Montenegro

Tell: +382 69 438 388

Mail: priorgym@gmail.com

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Venue: Sport Hall “Verde“
Donja Gorica bb, Podgorica Montenegro

Start fee: 35€ per gymnast in A level
30€ per gymnast in B level

Start fee for group: 80EUR

Accommodation: Hotel Verde *****, wellness&spa, a night accommodation, breakfast included, banquet, 40EUR per person.

Hotel New Star, *****, ul. Kralja Nikole, Podgorica, a night accommodation, breakfast included, banquet, 35EUR per person

Start fee and accommodation can be payed at the technical meeting.

Schedule of tournament:

Tuesday: 3rd May 2018 Arrival of delegations

Friday: 4th May 2018. Arrival of delegations, technical meeting, coaches and Judge meeting

Saturday: 5th May 2018 – Competition day!, Banquet.

Sunday: 6th May 2018: Possibility trip Skadar lake, 20€ per person

Transportation: Airport Podgorica, Klub organizing cover transportation from airport or train and bus station, to hotel.

5th May, during the competition break, organizing lunch packet for all participant.

Delegation: No limit gymnastics, coach and judge

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Application: Preliminary application until **25th March**,

Definitive application until **15th April**.

Music: Music for rehearsal must be delivered on CD medium (original and copy are obligatory). The name of the competitor, apparatus, the name of the club, state and duration of music must be written on the label of a CD.

Visa: If you need an official invitation to obtain a visa to travel to Montenegro, please contact us as soon as possible. We will send you the official letter of invitation.

Special awards:

The first, the second and the third place will receive medals.

All gymnasts will receive diplomas and presents.

We hope to see you in Podgorica, Montenegro

With kind regards

Mirjana Smiljanić,

President of gymnastics club „Prior“ Podgorica

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CATEGORIES AND TECHNICAL PROGRAM OF THE COMPETITION

<i>Year of birth</i>	<i>Level „A“</i>	<i>Level „B“</i>	<i>Level „B-light“</i>
<i>2011. And younger</i>	<i>w.apparatus D max. 5,00 BD 3 - 7 diff. S min. 2,00</i>	<i>w.apparatus D max. 4,00 BD 3 - 7 diff. S min. 2,00</i>	—
<i>2010.</i>	<i>w.apparatus and one app. by choice D max. 5,50 BD 3 - 7 diff. S min 2,00</i>	<i>w.apparatus D max 4,00 BD 3 - 7 diff. S min. 2,00</i>	<i>w.apparatus D max 3,00 BD 3 - 7 diff. S min 2,00</i>
<i>2009.</i>	<i>w.apparatus + one app.by choice D max 6,00 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max</i>	<i>w.apparatus + one app.by choice D max 5,00 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max</i>	<i>w.apparatus D max 4,00 BD 3 - 7 diff. Min. 2S</i>
<i>2008.</i>	<i>w.apparatus + one app.by choice D max 6,50 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max</i>	<i>w.apparatus + one app.by choice D max 5,00 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max</i>	<i>w.apparatus D max 4,00 BD 3 - 7 diff. Min. 2S</i>
<i>2007.</i>	<i>w.apparatus + 2 app.by choice D max 7,50 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max</i>	<i>w.apparatus + 1 app.by choice D max 7,00 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max</i>	<i>w.apparatus D max 5,00 BD 3 - 7 diff. Min. 2S</i>
<i>2006.</i>	<i>w.apparatus + 2 app.by choice D max 7,50 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max</i>	<i>w.apparatus 1 app. by choice D max 7,00 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max</i>	<i>1 app. by choice D max 6,00 BD 3 - 7 diff. Min. 2S</i>

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JUNIORS	Level „A“	Level „B“	
2003. 2004. 2005.	3 app.by choice D max 8,00 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max	1 exercise app.by choice D max 7,00 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max	
SENIORS			
2002. and older	2 exercise FIG rules-seniors	1 exercise App.by choice D max 8,00 BD 3 - 7 diff. Min. 2S Min. 1R AD no min/max	

Awarding separate by year.

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PROPOSITIONS FOR GROUP EXERCISES

Category	A level	B level (4-6 gymnasts for all categories)
Mini 2010. and younger	Without apparatus (4-6 gymnasts) 3-5 difficulties Min 2 Dance Steps Min 4 C	Without apparatus Max 4 difficulties Min 2 Dance Steps Min 4 C
Young cadets 2008. and younger	Apparatus by choice (4-6 gymnasts) Min 3 BD Min 2 ED Min 2 Dance Steps Min 4 C Max 1 R	Without apparatus Max 4 difficulties Min 2 Dance Steps Min 4 C
Cadets 2006. and younger	Apparatus by choice (4-6 gymnasts) Min 3 BD Min 3 ED Min 2 Dance Steps Min 4 C Max 1 R	Apparatus by choice Max 4 BD Min 2 ED Min 1 Dance Steps Min 5 C Max 1 R
Juniors 2003.-2005.	5 ribbons UEG/FIG	Apparatus by choice Max 4 BD Min 2 ED Min 1 Dance Steps Min 5 C Max 1 R
Seniors 2002. and older	5 hoops pr 3 balls + 2 ropes FIG	Apparatus by choice Max 4 BD Min 2 ED Min 1 Dance Steps Min 5 C Max 1 R

Definitive entry (15th April 2018)

Club _____

Adress _____

E-mail _____

Tell/fax _____

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Contact name _____

COACH _____

JUDGE _____

Individual gymnasts (name, category, apparatus):

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Group exercises gymnasts (name all gymnasts / category / apparatus)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

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Travel details:

Arrival date and time: _____

Departure date and time: _____

Airport, Podgorica, Montenegro, or train station Podgorica, or bus station Podgorica.

Accommodation: _____ **(please confirm accommodation if you want to reserve rooms in hotel). We can reserve them for you just write that in your application).**

Gala program YES or NO

Trip YES or NO

Please send the entry on following e-mail: priorgym@gmail.com



Olivera Anest