

## Invitation

### 44 International Rhythmic Gymnastics Tournament “Brzeg Dolny Cup”, 16-17 November 2019

We are very glad to invite your delegation to our  
International Rhythmic Gymnastics Tournament  
which will in Brzeg Dolny (Poland), from November 16 till 17

#### Address of Accommodation and Competition:

Sport hall „ROKITA”, Hotel „ROKITA” – RESTAURANT - AQUAPARK  
ul. Wilcza 8, BRZEG DOLNY

#### Preliminary Program

##### Friday, 15 November 2019

- arrival from **Wroclaw**, accommodation in Brzeg Dolny,  
*provide transportation to and from Wroclaw to Brzeg Dolny  
/ 20 euro the whole team /*
- training at the competition hall, technical meeting

##### Saturday, 16 November 2019

- judges meeting
- all-around competition

##### Sunday, 17 November 2019

- competition, results and ceremony protocolaries,
- departure

#### Charges:

- the delegation is obligated to pay:  
35 euro – person/per night  
(the fee includes hotel accommodation and full board  
- Friday 15.XI - dinner, Sunday 17.XI - breakfast)
- the organization does not cover travel expenses
- start-up money:  
35 euro for each participating gymnastics.
- additional persons and extra day:  
40 euro - person per night
- at the tournament - MERINO shop



## Delegation:

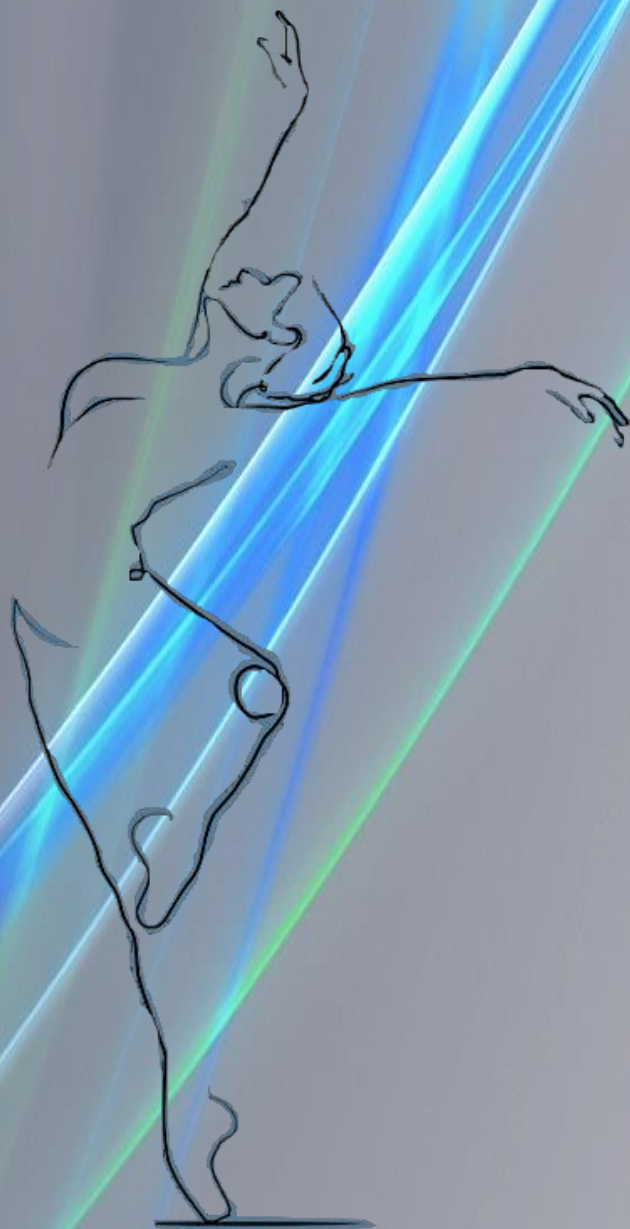
Each delegation:

- no limits gymnasts,
- 1 judge (obligatory),
- 1 coach

## Note

- Please return application no later than [27 October 2019](#)
- IMPORTANT - in case of large number of club application, the list may be closed before [15 October!!!!](#)
- Music (mp3) no later than [3 November 2019](#)  
[muzyka.brzegdolny@gmail.com](mailto:muzyka.brzegdolny@gmail.com)

We look forward to your participation  
in our competition ☺



## Categories and technical program

birth date	categories	exercise	technical program
2012	A	- 1 exercise: (free)	BD min.3, max.7 S min.3 – (free) R – there isn't any (free)
2011	A	- 1 exercise: (free)	
2010	A	- 2 exercises: (free+app.)	BD min.3, max.7 S min.2 (apparatus) S min.3 (free) R min.1-max.3 (apparatus) R – there isn't any (free)
	B	- 1 exercise: (free)	
2009	A	- 2 exercises: (free+app.)	BD min.3, max.7 S min.2 (apparatus) S min.3 (free) R min.1-max.3 (apparatus) R – there isn't any (free)
	B	- 1 exercise: (free)	
2008	A	- 3 exercises (apparatus)	BD min.3, max.7 S min.2, R min.1-max.4,
	B	- 2 exercises (apparatus)	
2007	A	- 3 exercises (apparatus)	BD min.3, max.7 S min.2, R min.1-max.4,
	B	- 2 exercises (apparatus)	
Junior 2004/2005/2006	A	- 4 exercises	International terms for juniors
	B	- 2 exercises	International terms for juniors
Senior 2003 and older	A	- 4 exercises	International terms for seniors
	B	- 2 exercises	International terms for seniors

## APPLICATION

Brzeg Dolny, 16-17 November 2019

Delegation: .....

Contact phone: .....

e-mail: .....

Name of competitors	Category-birth date
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Coach: .....

Judge: .....

Additional persons: .....

### Transportation plans

Arrival  
15.XI.2019r

Departure  
17.XI.2019r

Time: .....

.....

Transport: .....

.....

Please return application no later than 27. X. 2019 to:

E-mail: [marzenasakowicz@gmail.com](mailto:marzenasakowicz@gmail.com), [ormaniec@box43.pl](mailto:ormaniec@box43.pl),  
[1961saker@gmail.com](mailto:1961saker@gmail.com)

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

