

CRNA GORA KUP



CRNA GORA KUP 2019

4TH INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT
17th -19thMay

Dear sport friends

We have pleasure to invite to the Internatinal rhythmic gymnastics tourment
which will be held 17th – 19th May in Podgorica Montenegro

Organizing committe: Gymnastics klub Prior

Ul.Vojislavljevića, Podgorica – Montenegro

Tell: +382 69 438 388

Mail: priorgym@gmail.com

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

Accommodation: Hotel Verde*****, wellness&spa, a night accommodation, breakfast included, banquet, 45 € per person.

Hoteal Aleksandar, 35 € per person

Hotel Perla, ****, wellness&spa, 30 € per person

Start fee: 35 € per gymnast in A level

30 € per gymnast in B level

Start fee for group: 80 €

Start fee and accomodation can be payed at the tecnical meeting.

Schedule of tournament:

Thursday: 16th May 2019 Arrival of delegations

Friday: 17th May 2019. Arrival of delegations, tecnical meeting, coaches and Judge meating

Saturday: 18th May 2019 – Competition day!

Sunday: 19th May 2019- Possibility trip Skadar lake, 20€ per person

Transportation: Airport Podgorica, Klub organizacizing cover transportation from airport or train, to hotel and back.

18th 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 **28th April May**

Definitive application until **10th May**

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 gymnastic will receive diplomas and presents.

Live stream and online results will be available

We hope to see you in Podgorica, Montenegro

With kind regards



**Mirjana Smiljanić,
President of gymnastic club
„Prior“ Podgorica**

Mirjana Smiljanić

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CATEGORIES AND TECHINCAL PROGRAM OF THE COMPETITION

Year of birth	Level „A“	Level „B“	Level „B-light“
2012 and younger MINI	-	Without apparatus BD 3-7 diff. S min 2	Without apparatus BD 3-7 diff. S min 2
2011	Without apparatus BD 3-7 diff. S min 2	Without apparatus BD 3-7 diff. S min 2	Without apparatus BD 3-7 diff. S min 2
2010	Without apparatus and one apparatus by choice BD 3-7 diff. S min 2 R max 4	Without apparatus BD 3-7 diff. S min 2	Without apparatus BD 3-7 diff. S min 2
2009	Without apparatus and one apparatus by choice BD 3-7 diff. S min 2 R max 4	Without apparatus BD 3-7 diff. S min 2	Without apparatus BD 3-7 diff. S min 2
2008	Two apparatus by choice BD 3-7 diff. S min 2 R min1, max 4	Without apparatus BD 3-7 diff. S min 2	Without apparatus BD 3-7 diff. S min 2
2007	Two apparatus by choice BD 3-7 diff. S min 2 R min1, max 4	One apparatus by choice BD 3-7 diff. S min 2 R max 4	One apparatus by choice BD 3-7 diff. S min 2 R max 4
2006 JUNIORS	Two apparatus by choice FIG propositions for juniors	One apparatus by choice BD 3-7 diff. S min 2	One apparatus by choice BD 3-7 diff. S min 2
2005 JUNIORS	Two apparatus by choice FIG propositions for juniors	One apparatus by choice BD 3-7 diff. S min 2	One apparatus by choice BD 3-7 diff. S min 2
2004 JUNIORS	Two apparatus by choice FIG propositions for juniors	One apparatus by choice BD 3-7 diff. S min 2 Rmin1, max 4	One apparatus by choice BD 3-7 diff. S min 2 Rmin1, max 4
2003 and older SENIORS	Two apparatus by choice FIG propositions for juniors	One apparatus by choice BD 3-7 diff. S min 2 R min 1, max 4	/

PROPOSITIONS FOR GROUP EXERCISES

GROUP EXERCISES	
SENIORS Girls born 2003 and older	One exercise One or two types of apparatus by choice FIG proposition
JUNIORS Girls born 2004., 2005 and 2006	One exercise One or two types of apparatus by choice FIG proposition for juniors
PRE-JUNIORS Girls born 2007, 2008 and younger	One exercise One or two types of apparatus by choice FIG proposition for juniors
CHILDREN Girls born 2009 and younger	One exercise 4-6gymnasts in group apparatus by choice max 7 difficulties (BD min, ED min 3) C min 4 S min 2 R max 1
YOUNG CHILDREN Girls born 2010 and younger	Without apparatus 4-6 gymnasts in group BD max 6 S min 2 C min 4 (C=0,10 – without body rotation, CR= 0,20 with body rotation)
MINI Girls born 2011 and younger	Without apparatus 4-6gymnastics in group BD max 6 S min 2 C min 4 (C=0,10 – without body rotation, CR= 0,20 with body rotation)

Definitive entry (10th May 2019)

Club _____

Adress _____

E-mail _____

Tel/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