



# GIMNASTYCZNY WARSZAWSKI KLUB SPORTOWY AJSEDORA

Invitation no. I

Warsaw, 12.08.2019

## Dear Friends of Rhythmic Gymnastics!

We have a pleasure to invite you to the **7th International Tournament in rhythmic gymnastics "Warsaw Autumn 2019"** organised by GWKS Ajseadora which will take place on 29.11.2019-01.12.2019 in the very heart of Warsaw – Śródmieście (Downtown) District.

### **Organiser:**

GWKS Ajseadora

### **Place of the competition:**

OSIR "Polna", Polna street 7a, Warsaw, Poland.

### **Preliminary entry:**

The preliminary entry notification should be sent to: [gwksajseadora@gmail.com](mailto:gwksajseadora@gmail.com) till **15 September 2019** the latest.

### **Delegation:**

10 gymnasts + 1 coach + 1 qualified judge **OBLIGATORY (a fee of 50 EUR if there is no judge).**

## **REGISTRATION**

**To participate in the competition you need to register via <https://www.rgform.eu> by 8.11.2019.**

### **Music:**

The Music files should be uploaded to: <https://www.rgform.eu> by **08.11.2019** the latest.  
The requirements are as follows:

- **MP3** files, quality 196kb/s the minimum,
- starting signal,
- constant level of volume,
- possibly without silence before and after music

Other music formats will not be accepted.

The mp3 files should be named in Polish or English:

Surname\_Name\_YearOfBirth\_Group\_apparatus\_Club.mp3

e.g. Kowalska\_Anna\_2006\_groupA\_hoop\_GWKS Ajseadora.mp3

ul. S. Sempolowskiej 4  
00-574 Warszawa  
NIP 7010416935  
REGON 147147858

Nr 287 – ewidencja klubów sportowych działających w formie stowarzyszenia, których statuty nie przewidują prowadzenia działalności gospodarczej prowadzona przez Urząd m. st. Warszawy  
[www.gwksajseadora.pl](http://www.gwksajseadora.pl)



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Kowalska\_Anna\_2006\_groupA\_WA\_GWKSAAjedora.mp3

In the case a file is named in a language different than Polish or English the organizer shall not bear responsibility for errors in playing music during the tournament. Due to organizational and technical reasons there will be no possibility to play music from a CD or to convert CDs to mp3 files by the organizer on the days of the tournament.

Category	A	B	C	D
„Baby”:2013 and young	- WA D: max – 3.00 S: min 2 – max 4 max. 3 acrobatics tracks with 3 acrobatic elements	- WA D: max – 2.50 S: min 2 – max 4 max. 3 acrobatics tracks with 3 acrobatic elements	- WA D: max – 2.00 S: min 2 max. 3 acrobatics tracks with 3 acrobatic elements	- WA D: max – 2.00 S: min 2 – max 4 max. 3 acrobatics tracks with 3 acrobatic elements
„Baby”:2012	- WA D: max – 4.00 S: min 2 – max 4 max. 3 acrobatics tracks with 3 acrobatic elements	- WA D: max – 3.50 S: min 2 – max 4 max.3 acrobatics tracks with 3 acrobatic elements	- WA D: max – 2.50 S: min 2 max.3 acrobatics tracks with 3 acrobatic elements	- WA D: max – 2.00 S: min 2 max.3 acrobatics tracks with 3 acrobatic elements
Children 2011	-WA max. 3 acrobatics tracks with 3 acrobatic elements -ROPE D: max – 4.00 S: min 2 – max 4 R: min 1 max 4 AD – no limit	-WA max. 3 acrobatics tracks with 3 acrobatic elements -HOOP D: max – 3.50 S: min 2 – max 4 R: min 1 max 4 AD – no limit	- WA D: max – 3.00 S: min 2 max. 3 acrobatics tracks with 3 acrobatic elements	- WA D: max – 2.50 S: min 2 max. 3 acrobatics tracks with 3 acrobatic elements
Children 2010	-WA max. 3 acrobatics tracks with 3 acrobatic elements -HOOP D: max – 5.00 S: min 2 – max 4 R: min 1 max 4 AD – no limit	-WA max. 3 acrobatics tracks with 3 acrobatic elements -ROPE D: max – 4.50 S: min 2 – max 4 R: min 1 max 4 AD – no limit	- WA D: max – 4.00 S: min 2 – max 4 max. 3 acrobatics tracks with 3 acrobatic elements	- WA D: max – 3.50 S: min 2 max. 3 acrobatics tracks with 3 acrobatic elements
2009	-ROPE -App. by choice D: max – 5.00 S: min 2 – max 4	-WA WITHOUT acrobatics tracks -HOOP	- WA D: max – 4.00 S: min 2 – max 4 WITHOUT	- WA D: max – 3.50 S: min 2 WITHOUT



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	R: min 1 max 4 AD – no limit	D: max – 4.50 S: min 2 – max 4 R: min 1 max 4 AD – no limit	acrobatics tracks	acrobatics tracks
Pre junior 2008	-BALL -App. by choice D: max – 6.00 S: min 2 R: min 1 max 4 AD – no limit	-ROPE -App. by choice D: max – 5.00 S: min 2 R: min 1 max 4 AD – no limit	-WA WITHOUT acrobatics tracks -App. by choice D: max – 4.50 S: min 2 R: min 1 max 4 AD – no limit	- WA D: max – 3.50 S: min 2 WITHOUT acrobatics tracks
Pre junior 2007	-HOOP -App. by choice D: max – 6.00 S: min 2 R: min 1 max 4 AD – no limit	-ROPE -App. by choice D: max – 5.00 S: min 2 R: min 1 max 4 AD – no limit	-App. by choice D: max – 4.00 S: min 2 R: min 1 max 4 AD – no limit	- App. by choice D: max – 3.00 S: min 2 R: min 1 max 4 AD – no limit

Category	A	B	FINAL
Junior 2006	-CLUBS -App. by choice (WITHOUT ROPE) D: S: min 2 R: min 1 max 4 AD – no limit	-BALL -App. by choice (WITHOUT ROPE) D: max – 6.00 S: min 2 R: min 1 max 4 AD – no limit	Cat. A Cat. B Final ROPE
Junior 2005	-RIBBON -App. by choice (WITHOUT BALL) D: S: min 2 R: min 1 max 4 AD – no limit	- CLUBS -App. by choice (WITHOUT BALL) D: max – 6.00 S: min 2 R: min 1 max 4 AD – no limit	Cat. A Cat. B Final BALL
Junior 2004	- BALL -App. by choice (WITHOUT RIBBON) D: S: min 2	- CLUBS -App. by choice (WITHOUT RIBBON) D: max – 7.00 S: min 2	Cat. A Cat. B Final RIBBON



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	R: min 1 max 4 AD – no limit	R: min 1 max 4 AD – no limit	
Senior 2003	- BALL -App. by choice (WITHOUT BALL) FIG	- HOOP -App. by choice (WITHOUT BALL) FIG	Cat. A Cat. B Final BALL
Senior 2002 and older	-App. by choice -App. by choice (WITHOUT CLUBS) FIG	-App. by choice -App. by choice (WITHOUT CLUBS) FIG	Cat. A Cat. B Final CLUBS

### **Accommodation and Transport:**

"Felix" Hotel, ul. Omulewska 24 Warszawa  
<http://www.bwfelix.pl/>

**EUR 40** per person per day per single room  
**EUR 35** per person per day per double and triple room  
 The price includes accommodation and breakfast. Booking hours 2 pm – 12 pm.

We can arrange transfers on request at an extra charge.

### **Possibility to buy lunch:**

There is a possibility to buy lunch at the sports hall at EUR 5 a day. Please book lunches in advance by sending a form received after preliminary entry to <https://www.rgform.eu> till **8.11.2019**

The meals for the judge and one trainer are ensured.

### **Start fee:**

**EUR 40** per gymnast  
 Each additional gymnast (over 10) – **EUR 50**  
 To be paid during the Carpet Training

### **Shows**

Should you be interested, please send us your suggestion of a show at decoration of various groups. If interested, please let us know by e-mail at [gwksajsedora@gmail.com](mailto:gwksajsedora@gmail.com) by 20 September-2019.



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## **Miscellaneous**

If any of your gymnasts has her birthday on any day of the tournament, please also let us know so that we could surprise her.

On days of tournament there will be a possibility to buy RG equipment.

<b>DEADLINES SUMMARY:</b>	<b>Preliminary inscription</b>	<b>15.09.2019</b>
	<b>Definitive Registration</b>	<b>08.11.2019</b>
	<b>Music Registration</b>	<b>08.11.2019</b>

See you in Warsaw!

## **Contact details:**

+ 48 503 173 519 Liudmiła Valasiuk (Russian) GWKS AJSEDORA Chief Coach.  
gwksajseDora@gmail.com

Should you have any questions please contact us at [gwksajseDora@gmail.com](mailto:gwksajseDora@gmail.com)

This message is an official invitation to the tournament organized by GWKS AjseDora.

Liudmiła Valasiuk

Michał Bałaga

Chief Coach  
GWKS AjseDora

President  
GWKS AjseDora