



The Norwegian  
**Barents Secretariat**



# Invitation

## **12<sup>th</sup> International and national Rhythmic Gymnastics Tournament "The Northern Lights 2019"**

**11-13 January 2019  
Tromsø, Norway**





**The Northern Lights 2019**  
12<sup>th</sup> International and national  
tournament in rhythmic gymnastics  
11-13 January 2019 Tromsø, Norway



Tromsø Turnforening (Tromsø Gymnastics Association) has the great pleasure to invite your athletes to participate at our international and national tournament of Rhythmic Gymnastics in Tromsø, a city in northern Norway, known as “Paris of the North”.

**Our intentions and targets**

- To inspire gymnasts
- To increase the popularity of rhythmic gymnastics in Northern Norway
- To augment the quality and performance level in north Norwegian gymnasts
- To engage and promote the experience of competition
- To contribute to the friendship and strengthen the connection between Norwegian and foreign clubs and athletes, to learn from each other and to inspire one another

**Venue**



The tournament will take place at Turnhallen (The gymnastic hall) in Tromsø.



Address: Dramsvegen 188  
9010 Tromsø



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**Recommended accommodations**


<p><b>Clarion Hotel the Edge</b></p> <p>Address:          Kaigata 6          9008 Tromsø</p> <p>If you wish to book a room, please call +47 77668412 or e-mail <a href="mailto:stein.are.nilsen@choice.no">stein.are.nilsen@choice.no</a> between the hours of 08.00 and 16.00 and refer to our group code “<b>The Northern Lights</b>”</p>	<p>Single room: 995,- NOK per night.          Double room: 1110,- NOK per night.          Triple room: 1335,-NOK per night.</p> <p>All prices include breakfast and WI-FI</p>	
<p><b>Tromsø Camping</b></p> <p>Address:          Arthur Amtzens Veg 10          9020 Tromsdalen</p>	<p><b>Traditional Cottage</b> (4/5 beds)-1 825 NOK per night. The cabins have 2 rooms with bunk beds for 4/5 person, own bathroom, kitchen, path with dining table, TV and couch.</p> <p><b>Economy Cottage</b> 4 beds 650 NOK per night. About 9m2. 2 bunk beds, hobs, fridge and a small dining table. You get access shared shower, toilet, kitchen and sauna</p> <p>Free WI-FI and parking</p>	
<p><b>Accommodation in the Gymnastics hall</b></p>	<p>200 NOK per night include breakfast</p>	



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**Preliminary schedule (subject to change)**

<b>Friday, January 11<sup>th</sup></b>  <small>© VFRG.ru/Oleg Naumov</small>	Arrival of delegations Mini Camp with <b>Elizaveta Nazarenkova</b> (Bronze medalist of the World Games, Twice Champion of Asia, 6-time medalist of Asia Championship, 5-time medalist of the World Cup, 3-time of the Champion of Russia, 5- time medalist of the Russian Championship, 3-time Champion of Uzbekistan)
<b>Saturday, January 12<sup>th</sup></b>	Technical meeting Opening ceremony All-around competition Award ceremony Banquet
<b>Sunday, January 13<sup>th</sup></b>	Final-competition (6 best in each junior and senior class go to the finals). By high registration there will be arranged a second competition day Departure of delegations
<b>Monday, January 14<sup>th</sup></b>	Departure of delegations

**Judges**

The competition host (Tromsø Turnforening) will provide a set of national judges at this competition. Participating clubs are kindly invited to suggest their own judge to represent the club.

**Friendship evening**

We plan to arrange a friendship evening on Saturday after the competition with a dinner buffet.

Place: The city Hall (Rådhuset).  
Address: Rådhusgata 2  
9299 Tromsø  
Price: 20 euro/200 NOK per person



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**Registration, fees and payment**

Clubs should provide the complete definitive registration for all their participating athletes within **15<sup>th</sup> of November**.

**VISA:** Please verify immediately with your travel agent or the Norwegian Embassy or Consulate in your country if a visa is required for your travel to Norway. The LOC will be happy to assist each delegation member with an official invitation letter, provided that the request is made before **1<sup>st</sup> of December** to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.

Nominative registration **15<sup>th</sup> of December**.

Please fill in the applications form and e-mail to Olga: [rgolga@yahoo.no](mailto:rgolga@yahoo.no)

**Foreign participants must have accident/injury insurance**

<b>Individual gymnasts</b>	<b>Duo/Trio:</b>	<b>Mini camp</b>
Senior/junior: 30 euro/ 300 NOK	30 euro/300 NOK pr group	25 euro/250 NOK

The due for the total payment from each club is one week after the registration deadline.

Account number: 4750 22 38821. For more information about SWIFT and BIC numbers please contact Lisa or Olga. See Contact information.

Alternatively: cash payment during technical meeting at the competition.

**Awarding**

Categories «junior» and «senior» will be awarded individually according to their routines.

**We are going to proclaim titles:**

- «The best smile of the Northern Lights tournament»
- «The best energy of the Northern Lights tournament»
- «The best elegance of the Northern Lights tournament»

**Contact information**

Lisa Andreassen, phone. +47 95876802, [lisa\\_selfors@hotmail.com](mailto:lisa_selfors@hotmail.com)

Olga Ivanova, phone +47 97516878, [rgolga@yahoo.com](mailto:rgolga@yahoo.com)



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**Technical program**

<b>SENIOR INTERNATIONAL</b> 2003 and older	<b>4-routines</b> HOOP, BALL, CLUBS, RIBBON	FIG code of points 2017-2020
<b>YOUNG JUNIOR INTERNATIONAL</b> 2006	<b>4- routines</b> ROPE, BALL, CLUBS, RIBBON	FIG code of points 2017-2020
<b>JUNIOR INTERNATIONAL</b> 2005-2004	<b>4- routines</b> ROPE, BALL, CLUBS, RIBBON	FIG code of points 2017-2020
<b>JUNIOR NATIONAL</b> 2006-2004	<b>2-routines</b>  2-3 apparatus with ROPE, HOOP, BALL, CLUBS, RIBBON	FIG code of points 2017-2020
<b>SENIOR NATIONAL</b> 2003 and older	<b>1-routines</b>  1-2 apparatus with ROPE, HOOP, BALL, CLUBS, RIBBON	National regulations. Only for Norwegian participants

**Group**

<b>JUNIOR Duo/Trio</b> 2006-2004	<b>Free choice of apparatus</b>	<b>D-</b> max 6,00 <b>Max 3 ED</b> <b>Max 3 BD</b> (1 jumps, 1 balances, 1 rotation) <b>Max 1 R</b> <b>Min 1 S</b> <b>Min 3 C</b> <b>E-</b> max 10,00 <b>TOTAL SCORE 16.00</b>
<b>SENIOR Duo/Trio</b> 2003 and older	<b>Max 1,30 min</b>	

**We are thrilled to be the inviting host here in Tromsø and looking forward to see you at our competition!**