



The Norwegian
Barents Secretariat



Invitation

12th International Pre-junior Rhythmic Gymnastics Tournament

”The Northern Lights 2019”
Tromsø, Norway

11-13 January 2019





The Northern Light 2019
12th International Pre-junior
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 North Norway, known as “Northern Paris”.

Our intentions and targets:

- To inspire gymnasts
- To increase the popularity of rhythmic gymnastics in North 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 inspire one another

Venue





The Tournament will take place at Gymnastic hall (Turn hallen) inn Tromsø Templarheimet. The address is: Dramsvegen 188, 9010 Tromsø



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Recommended accommodations

<p>Clarion Hotel the Edge</p> <p>Address: Kaigata 6 9008 Tromsø</p> <p>If you wish to book a room, please call +47 77668412 or e-mail stein.arenilsen@choice.no between the hours of 08.00 and 16.00 and refer to our group code “The Northern Lights”</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>Tromsø Camping</p> <p>Address: Arthur Amtzens Veg 10 9020 Tromsdalen</p>	<p>Traditional Cottage (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>Economy Cottage 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>Accommodation in the Gymnastics hall</p>	<p>200 NOK per night include breakfast</p>	



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Preliminary schedule (subject to change)

Friday, January 11th  <small>© VFRG.ru/Oleg Naumov</small>	Arrival of delegations Mini Camp with Elizaveta Nazarenkova (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)
Saturday, January 12th	Technical meeting Opening ceremony All-around competition Award ceremony Banquet
Sunday, January 13th	By high registration there will be arranged a second competition day or mini Cump with Elizaveta Nazarenkova Departure of delegations
Monday, January 14th	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

Registration, fees and payment



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Clubs should provide the complete definitive registration for all their participating athletes within **15th 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 **1st 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 **15th of December**.

Please fill in the applications form and e-mail to Olga: rgolga@yahoo.no

Foreign participants must have accident/injury insurance

Individual gymnasts Senior/junior: 30 euro/ 300 NOK	Group: 50 euro/500 NOK pr group	Mini camp 25 euro/250 NOK
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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

Olga Ivanova, phone +47 97516878, rgolga@yahoo.com

TECHNICAL PROGRAM:



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REKRUTT/PRE-JUNIOR INTERNATIONAL 2008	3-routines (3 best counts) Without apparatus + 2-3 routines with apparatus	Without apparatus: D- max 4,00 6-7 elements E- max 10,00 TOTAL SCORE 14.00
REKRUTT/PRE-JUNIOR INTERNATIONAL 2007	Without apparatus + 3 routines with apparatus	With apparatus: D- max 6,00 6-7 elements (2-jumps, 2- balances, 2-rotations, 1 difficulty by choice) Min 1 S Max 2 R Max 2 AD E- max 10,00 TOTAL SCORE 16,00
REKRUTT/PRE-JUNIOR NATIONAL DIV 2008-2007	2-routines (2 best counts) Without apparatus + 1-2routines with apparatus (obl.pr.)	National regulations. Only for Norwegian participants

GROUP:

REKRUTT/PRE-JUNIOR 2007-2006 (max 2 gymnast 2005)	Free choice of apparatus+ with apparatus	With apparatus D1-2 max 3,0 3 ED (0,3 each) Max. 1 S (0,3) 3 elements from: - body difficulty (FIG code of points 2017-2020) 1 jumps, 1 balances, 1 rotation Max 7 elements D3-4 max 2,0 6 collaboration (0,2-0,3 each) -max 1 R (0,3) E- max 10,00 TOTALE SCORE 15,00
		Free choice of apparatus D1-2 max 3,0 Max. 1 S (0,3) 3 elements from:



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		<p>- body difficulty (FIG code of points 2017-2020) 1 jumps, 1 balances, 1 rotation 0,3 arabesque balances 0,3 spagat jumps 0,3 three rotation-risk</p> <p>Max 7 elements D3-4 max 1,8 6 collaboration (0,2-0,3 each) E- max 10,00 TOTALE SCORE 14,8</p>
<p>DUO/TRIO 2007-2006 (max 1 gymnast 2005)</p>	<p>With apparatus max 1,15-1,30 min</p>	<p>D-max 6,00 D1-2 3 elements from: - body difficulty (FIG code of points 2017-2020) 1 jumps, 1 balances, 1 rotation Min. 1 S Max. 3 ED (0,3 each) D3-4 Min 1 collaboration Max 1 risk E- max 10,00 TOTALE SCORE 16,00</p>

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