

مجّمع نهاد نوفل
للرياضة والمسرح



Stade Nouhad Naufal
sports et spectacles



PHOENIX CUP

LEBANON MAY-2019
Rhythmic Gymnastics 3th- 5th of May

2019

**Individual & Group Exercises
Lebanon**

Zouk Mickael

INVITATION

Dear friends,

We have a great pleasure to invite you to participate in

“The Phoenix First International Cup of Rhythmic Gymnastics”



PHOENIX CUP
LEBANON MAY-2019
Rhythmic Gymnastics

which will take place on May 3rd till May 5th 2019 at Stade Nouhad Naufal sport Arena, Lebanon - Zouk Mickael.

Preliminary Schedule:

Friday, 3rd of May: Arrival of Delegations, Technical Meeting
Competition Day- depending on number of participants

Saturday, 4th of May: Competition Day

Sunday, 5th of May: Competition Day, Gala-show, Banquet (**25\$ per person**)

Monday, 6th of May: Departure of Delegations

Individual exercises A, B & B light level

Delegation: Unlimited number of competitors
1 judge, coaches

Group exercises:

Delegation: Unlimited number of groups
1 judge, coaches

DEADLINES:

Preliminary entry: **March 15th, 2019**

Definitive entry: **April 10th, 2019**

Hotel Reservations: **April 1st, 2019**

Music:

April 10th 2019

Organized by:

Stade Nouhad



Naufal



**With support of
Lebanese
Gymnastics**



Federation

PHOENIX CUP
LEBANON MAY-2019
Rhythmic Gymnastics

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(what's app)

Email: ostrizh@hotmail.com

COST:

Program individual - **45 \$ USA per gymnasts.**

Program group - **25 \$ USA per gymnast.**

Registration

All applications must be send to **e-mail:** ostrizh@hotmail.com not later than

April 10th, 2019.

Awards

Diplomas and presents for all gymnasts.

Each category from 1st to 3rd place gets medals.

Winner of the Competition is awarded with the Tournament Cup.

Music

Music for the competition must be record in mp3 format on own CD-R disc or USB also with each music routine.

All the music should be sent on email: ostrizh@hotmail.com in mp3 format not later than 10th of April 2019 with the name of gymnasts and routine.



Judges

Each delegation must include 1 judge, 1 coach, unlimited numbers of participants.

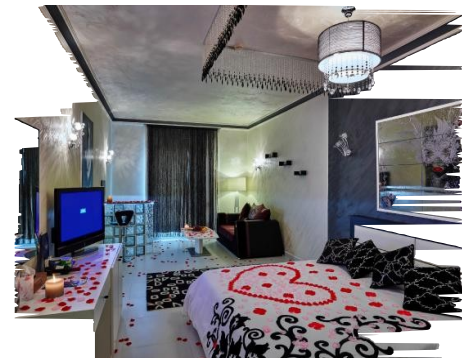
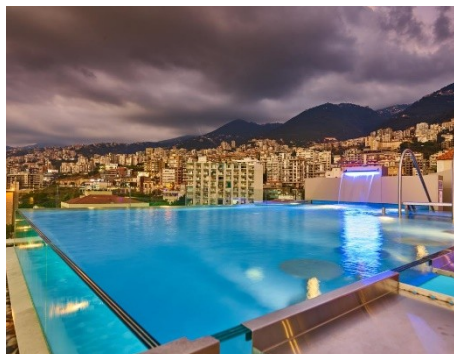
Each delegation must ensure the work of judge throughout the three days of competitions.

On the days when the judge is working lunches are provided at the organizer's cost.

Accomodation

Princessa Hotel, Lebanon****

Hotel Princessa is the main hotel of the tournament, where the technical meeting and banquet will take place. It is situated in Jounieh Bay with the beautiful Sea view, just 10 minutes away from Competition Venue.



Cost: 65 \$ USA per person per day.

Half-board service (Breakfast+bed+dinner)

Transfer

Transfer will be provided by organizer (Airport - Hotel - Venue - Hotel - Airport). Transfer price: **30\$ per person.**

All costs, entrance fees and accommodation costs, have to be paid to the organizer on the technical meeting.

Visa

Visa will be opened upon arrival at the airport.

Please verify with your travel agent or the Lebanese Embassy or Consulate in your country if a visa is required for your travel to Lebanon. The Organizing Committee will be happy to assist each Delegation member with an official invitation letter before 1st of April 2019.



Insurance

All delegations are responsible to have the necessary coverage in case of accidents or illness. Organizers are not responsible for any liability a case of accident.

Photos & Videos

Professional photographer will be available (advanced registration is required)

Gala-Show

Gymnasts are welcome to participate in the Gala-program with performance of maximum 3 minutes.

Banquet

Banquet will be in the evening on 5th of May. All the details we will let you know later.

WE ARE LOOKING FORWARD TO WELCOME YOU IN OUR COMPETITION

IN LEBANON!



Technical Program - Individual Exercises

	A	B	B light
Baby 2013 & younger	_____	Free BD-7 highest count	Free BD-5 highest count
Mini 2012-2011	Free + Rope BD-7 highest count	Free BD-7 highest count	Free BD-5 highest count
Children 2010-2009	2 App by choice	Free-BD 9 max 1 App by choice- BD-7	Free BD-9 max
Pre-Juniors 2008-2007	2 App by choice	1 App by choice	_____
Juniors 2006-2004	3 App by choice FIG	2 App by choice FIG	_____
Seniors 2003 & older	3 App by choice FIG	2 App by choice FIG	_____

Technical program - Group Exercises

	A	B
Mini 2011 &		Free BD- 7 highest coun BD-5 highest

Hotel Accommodation