



To:

- * Danish Gymnastics Federation, att: Max Andersen
- * Finnish Gymnastics Federation, att: Janniina Väänänen
- * Icelandic Gymnastics Federation, att: Olga Bjarnadóttir
- * Swedish Gymnastics Federation, att: Marit Englund

Copy:

- * Danish Gymnastics Federation, att: Anne Wium
- * Finnish Gymnastics Federation, att: Sonia Solismaa
- * Icelandic Gymnastics Federation, att: Íris Svavarsdóttir
- * Swedish Gymnastics Federation, att: Anna Gustafsson

Oslo, April 30th 2019

Invitation

Nordic Championship TeamGym senior November 9th 2019, Drammen Norway

Dear friends of TeamGym,
The Norwegian Gymnastics Federation is pleased to invite your federation with teams, judges and officials to the Nordic Championship TeamGym seniors 2019. We are pleased to give you the following information:

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1. Date

Thursday November 7th

- 16:00-22:00 Arrival and accreditation.
20:00-22:00 Meeting of the Nordic Technical Committee TeamGym (NTC-TG).

Friday November 8th

- 11:00-18:00 Arrival and accreditation.
09:00-12:30 Meeting of NTC-TG (continued).
16:00-21:00 Training for the teams.

20:00 Information meeting for Head of delegation, coaches and judges.
20:30 Judges meeting (if necessary).

Saturday November 9th

- 08:00 General warm-up Mixed teams
09:00 Warm-up Mixed teams (8min/team/discipline)
09:00-10:00 Judges' meeting for the Mixed competition

10:10-10:30 Opening ceremony
10:30 Competition Mixed teams

12:00 Warm-up Women's' teams (8min/team/discipline)
12:00-13:30 Judges' meeting for the Women's competition
13:30 Competition Women's teams

15:30 Warm-up Men's teams (8 min/team/discipline)
15:30-16:30 Judges' meeting for the Men's competition
16:30 Competition Men's teams

18:00 Award ceremony

20:00 Banquet

Sunday November 10th

Departure.

2. Venue

The competition will take place in Drammenshallen.
Adress: Knoffs gate 18, 3044 Drammen.

Capacity: 1800 persons.

Drammenshallen is situated close to the city centre and in walking distance from the railway station (approx. 10 minutes/1 kilometre).



3. Airport information

The nearest airport is Oslo Gardermoen Airport. Oslo Gardermoen Airport is located approx. 50 minutes from Drammen railway station with Airport Express train. NOK 226,- per person. Half prize for students with student-ID. For more information: <https://flytoget.no/no>

It is also possible to use "ordinary train" from Oslo Gardermoen Airport to Drammen. NOK 233,- pr. person. NOK 175,- for students with student-ID. Approx 60 minutes. For more information: <https://www.vy.no/>

4. Local transport

Because of short distances between the railway station, competition venue, hotels and the banquet the organiser will not arrange local transport.

5. Hotels

The hotels reserved for the delegations are located in the centre of Drammen and in walking distance from Drammenshallen.

6. Competition format

The competition will be organised according to:

- A. Technical regulations (TR) for Nordic TeamGym Championships valid until 31.12.2019.
- B. Code of points (by the UEG). See appendix in TR for the Nordic adaptations.
- C. Directives for Equipment - TeamGym (by the UEG). See appendix in TR for the Nordic adaptations
- D. The rules of the Statutes of UEG will be applied in all situations, which are not foreseen in these regulations. See TR VII Appendices, section 18.3.
- E. If extraordinary situations should occur, the necessary decisions will be made by the NTC-TG or the representatives of each country present at the competition.
- F. The statutes and regulations of the FIG are valid in all matters of protocol.

7. List of apparatus

Attached you find the list of the apparatus that will be used at the competition.

8. The organising committee (LOC)

This event is being jointly organised by the Norwegian Gymnastics Federation and the local club Drammens Turnforening.

9. Contact information

Norwegian Gymnastics Federation

Adviser Hermod Buttedahl

E-mail: Hermod.buttedahl@gymogturn.no

Drammens Turnforening (LOC)

Chair LOC: Arve I. Leirvik

E-mail: arve@drammenturn.no

10. Social media

Web: <https://www.teamgym2019.no/>

Facebook: <https://www.facebook.com/events/2269811159740239/>

Instagram: <https://www.instagram.com/nordicteamgym2019/>

11. Provisional registration

Please send your provisional registration form, including number of teams in each section, to the Norwegian Gymnastics Federation by e-mail **no later than May 9th**.

Important deadlines:

- Definitive registration: **September 9th**. Will be distributed August 9th at the latest.
- Nominative registration: **October 19th**. Will be distributed September 28th at the latest.
- Workplan: Will be distributed October 12th at the latest.

12. Distribution of official information

All official information concerning the championship will be distributed by e-mail as follows:

Country / Position	Name	E-mail	Phone
Denmark			
Member in NTC	Max Andersen	max@gymdanmark.dk	+45 53862323
Federation	Anne Wium	awi@gymdanmark.dk	+45 51940917
Finland			
Member in NTC	Janniina Väänänen	jvaananen@gmail.com	+358 407296718
Federation	Sonia Solismaa	teamgym@voimistelu.fi	+358 407770087
Iceland			
Member in NTC	Olga Bjarnadóttir	olgabjarna@me.com	+354 8973074
Federation	Íris Svavarsdóttir	fsi@fimleikasamband.is	+354 6948451
Norway			
Member NTC	Kjetil Folkvord	folkis@hotmail.com	+47 90165849
Federation	Hermod Buttedahl	hermod.butedahl@gymogturn.no	+47 95189211
Sweden			
Member NTC	Marit Englund	marit.englund@gymnastik.se	+46 702212127
Federation	Anna Gustafsson	trupp@gymnastik.se	

We look forward to seeing you in Drammen Norway!

Yours sincerely
Norwegian Gymnastics Federation

Torgeir Røinås Pedersen
 President
 (sign.)

Hermod Buttedahl
 Advisor
 (sign.)

Kjetil Folkvord
 Chair, Technical Committee TeamGym
 (sign.)

Anders Mogensen
 Chair, Drammen
 (sign.)

Attachments:

- A.** List of apparatus
- B.** Provisional registration form

A. List of apparatus

Floor

Size: 16 x 14m.

Colour: Blue.

Description: Euro Gymnastic Equipment.

8 Flexi-mats connected with velcro, 14 x 2m per mat.

Tumbling	Trampet
<p>Type Size: 15 x 2 x 0,35m. Colour: Black and yellow. Description: Euro Gymnastic Equipment.</p> <p>Run-up Size: 16 x 1m. Colour: Blue. Description: 8 pcs of run-up blocks 2 x 1 x 0,35m. Euro Gymnastic Equipment.</p> <p>Tumbling track Size: 15 x 2 x 0,35m. Colour: Black / Yellow. Description: Euro Gymnastic Equipment.</p> <p>Side safety mats Size: 4 x 0,5 x 0,35m /side. Colour: Blue. Description: 4 pcs of mats 2 x 0,5 x 0,35m. Euro Gymnastic Equipment.</p> <p>Landing area Size: 7 x 4 x 0,35. Colour: Blue with yellow landing-zone. Description: Euro Gymnastic Equipment.</p> <p>Additional safety mat Size: 4 x 2 x 0,1m. Colour: Blue. Description: Euro Gymnastic Equipment. with stretch fabric on top.</p>	<p>Type 1 Size: 1,24 x 1,24 x 0,65-0,80m. Colour: Black. Description: PE Dorado 36 & 40 springs.</p> <p>Type 2 Size: 1,25 x 1,25 x 0,65-0,80m. Colour: Blue. Description: MD-trampet Super-Elite 36 & 40 springs.</p> <p>Run-up Size: 25 x 1m. Colour: Blue. Description: Euro Gymnastic Equipment.</p> <p>Vaulting table Size: 1,2 x 0,95 x 1,1-1,7m. Colour: Black / Blue. Description: With adjustable distance to the trampet Euro Gymnastic Equipment.</p> <p>Double landing area Size: 7,2 x 7 x 0,35m. Colour: Blue with yellow landing-zone. Description: Euro Gymnastic Equipment.</p> <p>Additional safety mat Size: 4 x 2 x 0,1m. Colour: Blue. Description: Euro Gymnastic Equipment with stretch fabric on top.</p>



B. Provisional registration form Nordic Championship TeamGym senior November 9th 2019, Drammen Norway

Return the provisional registration form, including number of teams in each section, to the Norwegian Gymnastics Federation by e-mail **no later than May 9th**.

Federation	
Contact person	
E-mail	
Phone	

Section	Mixed	Women	Men
Number of teams			

Date: _____

Signature: _____