

# 2022 CHRISTY FRASER MEMORIAL INVITATIONAL

## Workplan #2



**2022 Christy Fraser Memorial Invitational**  
**February 18-20, 2022**



### HOST CLUB

Langley Gymnastics Foundation  
#180 - 7888 200 Street  
Langley, BC, V2Y 3J4  
<http://www.langleygymnastics.ca/>

Contact: Andrée Montreuil  
(W) 604-455-8845  
[andreem@langleygymnastics.ca](mailto:andreem@langleygymnastics.ca)

### DATE

**February 18 – 20, 2022**

### VENUE

**Langley Events Centre – Fieldhouse (Building B)**  
7888 200th Street  
Langley, BC V2Y 3J4

Enter through Gate 8 of the Langley Events Centre.  
Parking is free at the Langley Events Centre

REGISTRATION FEES			<b>Athlete</b>	<b>Coach</b>
	On or before January 21, 2022		\$125	\$0
	Interclub fee (before January 21)		\$115	\$0
	January 22 - 28 (Late Registration)		\$135	\$0
<b>Absolutely no entries will be accepted after January 28, 2022</b>				
REGISTRATION CHANGES WITHDRAWALS REFUNDS	<b><u>Registration and Refund Policy</u></b>			
	January 21, 2022	Regular registration deadline All categories - \$125 Fee for Interclub - \$115  <u>Withdrawal</u> : Full refund until January 21.		
	January 22 – 28, 2022	Late registration deadline (\$135)  <u>Withdrawal</u> : Refund of \$50 with a medical note from January 22 to February 17.		
	January 29, 2022	No registrations or changes after January 29, 2022.  <u>Withdrawal</u> : Refund of \$50 with a medical note from January 22 to February 17. No refunds will be provided for no-shows or on-site scratches.		
	Cheques payable to Langley Gymnastics Foundation			
ADMISSION	Admission is available at the Gate. Cash, debit or credit cards accepted.			
	Since our event is hosted during the anti-bullying campaign, \$1 of every admission will be donated to the PinkShirt – Anti-bullying campaign.			
		<b>Day</b>	<b>Weekend</b>	
	Children (under 6 years old)	Free	Free	
	Youth and Seniors	\$7	\$11	
	Adult (18+)	\$13	\$21	
	Family of 4	\$26	\$41	
Program	\$5			
BC GAMES	Following the cancellation of the 2022 BC Games, CFMI has partnered with Gymnastics BC to organize an event for the athletes who had qualified for the Games. The WAG session will be hosted on Saturday, while the MAG session is on Sunday.			

## COVID PROTOCOLS

Participants and spectators from all clubs are expected to comply with the [GymBC Return to Competitions document](#) and to the Langley Events Centre requirements, Clubs must sign and submit the Declaration of Compliance.

All individuals (athletes, coaches, spectators, etc.) attending the event are required to self-assess if they feel sick. If they have any cold or flu symptoms, they should not attend the competition.

### **Proof of Vaccination**

The Langley Event Centre staff will check Proof of vaccination (2 doses) for all individuals – volunteers, spectators 12+, coaches, officials and supporters. Athletes 12+ who are accessing the stands to watch their friends and teammates will be considered as spectators and will need to show proof of vaccination.

Athletes are not required to show proof of vaccination to access the Field of Play to compete. Athletes 12+ who are accessing the stands to watch their friends and teammates become spectators and as such, will need to show proof of vaccination.

### **Personal Hygiene**

All individuals must wear masks/face coverings while in the Langley Event Centre. All individuals age 5+ are required to wear masks at all times unless they are on the field of play to compete. It is recommended, but not required, that children under the age of 5 wear masks indoors. "Face covering" means either of the following that covers the nose and mouth of a person:

- a medical or non-medical mask,
- a tightly woven fabric.

Athletes are not required to wear masks on the field of play while competing. Coaches, officials, volunteers, and spectators must wear masks at all times.

### **Cleaning**

High-touch surfaces (bathrooms, any areas near food service, etc.) will be disinfected at minimum two times per day. Hand sanitizer will be readily available.

### **Hospitality - Meals**

Participants must bring their water bottles. Water stations will be available on the field of play.

The Langley Event Centre will provide catering and LEC staff will serve coaches and judges for the following meals:

Friday – Continental breakfast, lunch, and dinner.

Saturday – Continental breakfast, lunch, and dinner.

Sunday – Continental breakfast and lunch and dinner.

<b>AWARDS</b>	<p><b>Protocol and Awards</b></p> <p>After the general warm-up, athletes will stand at their first apparatus while each club is introduced (no march-in). Clubs are asked to rotate to the next apparatus as a group. During the award ceremonies, athletes will pick up their award from a tray and put the medal around their own neck. Guidance will be provided to the younger athletes. Coaches should however explain this new process to the athletes.</p> <p>The athlete's gift will be given to clubs for distribution.</p>
<b>MUSIC</b>	<p>Athlete music must be on an iPod or MP3 player.</p>
<b>COACHES AND JUDGES</b>	<p>Coaches and judges must check in at the Admissions table on their first day at the competition.</p>
<b>SCHEDULE</b>	<p>The schedule is attached. For certain groups, it will be necessary to review the Order of Passage (OOP) to determine in which session the athletes will be competing. The OOP will be out shortly.</p>



### **Sandman Signature Langley & Sandman Hotel Langley**

Call Sandman's Central Reservations at **1-800-SANDMAN**(726-3626).

When booking, quote:

### **Sandman Signature Langley OR Sandman Hotel Langley Langley Invitational Gymnastics**

**Group #292 394 (Signature) OR Group #445 075 (Hotel)**

The **Sandman Signature Langley's** many features include 196 elegantly furnished suites, King, Queen, Loft and Family Suites available, some with kitchens, Indoor Pool and hot tub, Fitness Facilities, Complimentary wired & wireless high-speed internet, 24-hour Business Centre, Meeting and banquet facilities, Moxie's Classic Grill / Room Service, Complimentary parking.

Date	Signature King Room	Corporate King with sitting Area	Loft King Suite with full kitchen	Family King Suite with full kitchen	Signature Two Queens
Bed(s)	1 King	1 King	1 King	1 King+ Bunk Beds	2 Queens
Rate	\$165	\$175	\$199	\$199	SOLD OUT

**Sandman Langley Hotel's** many features include 144 comfortable guest rooms, Kitchenettes, executive and one-bedroom suites, Fitness facilities, Complimentary Wi-Fi throughout the hotel, Business Centre, Denny's 24-hour Restaurant w/ room service, Meeting facilities catered by Denny's Restaurant, complimentary parking.

Date	Standard Twin	Standard Queen
Bed(s)	2 Double Beds	1 Queen bed
Rate	\$165	\$154

HOTEL



## 2022 CHRISTY FRASER MEMORIAL INVITATIONAL SCHEDULE – FINAL

(Please review the OOP to find age groups)

### Friday, February 18, 2022

- Session 1: WAG – Xcel Bronze (65)**  
*General warm-up: 15 minutes; Warm-up: Bronze: 30 sec; Silver: 45 sec.; Gold: 1 minute*  
Coaches meeting 7:30  
Warm-up and Competition 7:30 – 10:15
- Session 2 WAG – Xcel Bronze / Xcel Silver, High School (65)**  
*General warm-up: 15 minutes; Warm-up: Bronze: 30 sec; Silver: 45 sec.*  
Warm-up and Competition 10:00 – 12:45
- Session 3 WAG – Xcel Silver / Gold (65)**  
*General warm-up: 15 minutes; Warm-up: Silver: 45 sec.; Gold: 1 minute*  
Warm-up and Competition 13:00 – 15:45
- Session 4 WAG – Xcel Gold (65)**  
*General warm-up: 15 minutes; Warm-up: Gold: 1 minute*  
Warm-up and Competition 15:30 – 18:15
- Session 5 WAG / MAG Interclub (80)**  
*General warm-up: 15 minutes; Warm-up: 30 sec*  
Warm-up and Competition 17:45 – 21:00

### Saturday, February 19, 2022

- Session 6 WAG – CCP 7 / Aspire (40)**  
*General warm-up: 15 minutes; Warm-up: 2 minutes*  
Coaches meeting 7:30  
Warm-up and Competition 7:30 – 10:00
- Session 7 WAG – CCP 9-10, FIG Novice, Junior, Senior (48)**  
*General warm-up: 20 minutes; Warm-up: 2 minutes*  
Warm-up and Competition 10:10 – 14:00
- Session 8 WAG – CCP 7, CCP 8 (53)**  
*General warm-up: 15 minutes; Warm-up: 2 minutes (Floor warm-up in/out)*  
Warm-up and Competition 14:15 – 17:15
- MAG – Provincial 5, National Open, Junior, Senior (34)**  
*Open warm up: 90 minutes*  
Open Warm-up 14:00 – 15:30  
Competition 15:30 – 18:30

**Session 9****WAG – Games! CCP 7 / CCP 8 (45)***General warm-up: 20 minutes; Warm-up: 2 minutes (Floor warm-up in/out)*

Warm-up and Competition 17:45 – 21:00

**MAG – Elite 3, Elite 4, Provincial 4 (26)***General warm-up: 20 minutes; Warm-up: 2 touches*

Warm-up and Competition 18:30 – 21:00

**Sunday, February 20, 2022****Session 10****WAG – CCP 4, CCP 5 (48)***General warm-up: 15 minutes; Warm-up: 1 minute (Floor warm-up in/out)*

Warm-up and Competition 7:30 – 9:45

**Session 11****WAG – CCP 3 (67)***General warm-up: 15 minutes; Warm-up: 45 sec*

Warm-up and Competition 10:00 – 12:30

**MAG – Level 1, Level 2 (61)***General warm-up: 15 minutes; Warm-up: 1 touch*

Warm-up and Competition 10:00 – 12:30

**Session 12****WAG – CCP 1, CCP 2 (73)***General warm-up: 15 minutes; Warm-up: 30 sec (Floor warm-up in/out)*

Warm-up and Competition 12:45 – 15:00

**MAG – Games! , Provincial 3 (50)***General warm-up: 15 minutes; Warm-up: 1 touch*

Warm-up and Competition 13:00 – 16:30

**Session 13****WAG – CCP 6 (54)***General warm-up: 15 minutes; Warm-up: 90 seconds (Floor warm-up in/out)*

Warm-up and Competition 15:15 – 18:15

**Session 14****WAG – CCP 6 (54)***General warm-up: 15 minutes; Warm-up: 90 seconds (Floor warm-up in/out)*

Warm-up and Competition 18:00 – 20:30

**2022 Christy Fraser Memorial Invitational**  
**February 18 – 20, 2022**  
**Declaration of Compliance**

**Club:** \_\_\_\_\_

Gymnastics BC (GymBC) requires that its member clubs adhere to compliance requirements outlined in its Return to Competition Plan. The requirements outlined in the Return to Competition Plan are based on viaSport's Return to Sport Guidelines, PHO orders and recommendations, and WorkSafeBC requirements. They are intended to safeguard the health and safety of individuals within each member club and the communities beyond, in order to mitigate transmission of COVID-19.

GymBC member clubs that do not adhere to or are unable to agree to the terms outlined by Langley Gymnastics Foundation in Workplan #2 are not permitted to attend in-person competitions.

I, the undersigned COVID-19 participating club representative, hereby understand, acknowledge, and agree to the terms and information outlined in the [GBC Return to Competition document](#) and in this Workplan on behalf of my participating GymBC member club.

1. Our club members will adhere to Langley Gymnastics' COVID-19 safety requirements set out in workplan #2 and in the [GBC Return to Competition document](#) for in-person events.
2. All athletes from our club have completed the GymBC's Participant Declaration of Compliance form and GymBC's Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement, and GymBC's Media Release Form prior to competing.
3. Our club must adhere to all competition requirements included in the event directive.

**Club representative**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_