

# 2023 CHRISTY FRASER MEMORIAL INVITATIONAL

## Workplan #1



30<sup>th</sup> Anniversary  
February 2-5, 2023



### HOST CLUB

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

Contact: Jennifer Coimbra  
604-455-8845  
[jenc@langleygymnastics.ca](mailto:jenc@langleygymnastics.ca)

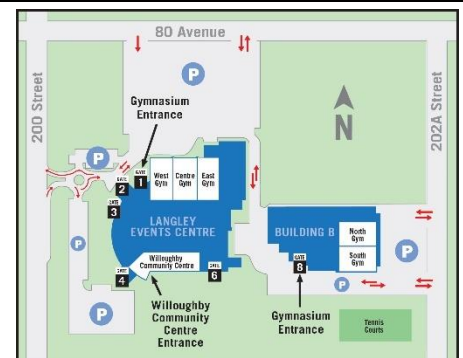
### DATE

February 2-5, 2023

### 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.



### GBC

[Click here for Event Info](#)

**REGISTRATION**

The 2023 Christy Fraser Memorial Invitational's registration is done through Kscore:  
[Click here for Kscore Registration](#)

Cheques payable to Langley Gymnastics Foundation

**REGISTRATION FEES**

	Athlete	Coach	Coach plus Hoodie
On or before December 9, 2022	\$130	\$0	\$25
December 10, 2022 – January 9, 2023	\$145	\$0	\$25

**REGISTRATION-CHANGES WITHDRAWALS REFUNDS**

Registration and Refund Policy

December 9, 2022	Regular registration deadline (\$130)  <u>Withdrawal:</u> Full refund until December 8, 2022.
January 9, 2023	Late registration deadline (\$145)  <u>Withdrawal:</u> Refund of \$50 with a medical note from December 9, 2022 – February 1, 2023.  No registrations or changes after January 9, 2023. No refunds will be provided for no-shows or on-site scratches. All athletes who withdraw December 9, 2022 or later will still receive an athlete gift.

Please email Nikki at [xcel@langleygymnastics.ca](mailto:xcel@langleygymnastics.ca) for any changes and withdrawal requests.

**COACH ELIGIBILITY (Minimum NCCP Requirements)**

All coaches must have the appropriate NCCP certification to be on the field of play as per the GymBC Operations Manual, as well as successful completion of the Respect in Sport (RiS) program. Clubs must ensure appropriate certification and RiS completion prior to registration. Coaches who are missing certification and found to be coaching on the field of play will be subject to a \$200 fine.

Minimum NCCP Coaching Certification Requirements:

MAG Provincial Level 1 WAG CCP 1-2	NCCP Gymnastics Foundations Certified and Respect in Sport
MAG Provincial Level 2 WAG CCP 3-5 Xcel Bronze-Gold	NCCP Competition Introduction (Comp 1) Certified and Respect in Sport
MAG Provincial Level 3-4, Elite 3-4 WAG CCP Levels 6-8, Aspire Xcel Platinum	NCCP Competition Introduction Advanced (Comp 2) Certified and Respect in Sport
MAG Level 5, Open, Junior, Senior WAG CCP Levels 9-10, HP	NCCP Competition Development (Comp 3) Certified and Respect in Sport

Coaches must ensure they adhere to the GBC guidelines for competition attire.

## EQUIPMENT

Competition equipment is S/A brand. Clubs are not permitted to bring additional equipment.

## WAG CATEGORIES

The following WAG categories are invited:

- CCP 1 – 5
- CCP 6 – 10
- Aspire Youth
- High Performance Novice, Junior, Senior
- Xcel Bronze, Silver, Gold, Platinum
- Interclub Performance
- High School Level 1-5 (*must be registered GymBC members*)

## MAG CATEGORIES

The following MAG categories are invited:

- Provincial 1-5
- National Open
- Aspire
- Junior 14-15, 16-18
- Senior Next Gen 18-20
- Senior 21+
- Interclub Performance and Performance Plus
- High School Level 1-5 (*must be registered GymBC members*)

**Please note:** This competition also includes MAG Canadian Championships trials for Aspire, Junior, Senior and National Open.

## ATHLETE GIFT

### CFMI 30<sup>th</sup> Anniversary Hoodie

#### Adult Sizing:

	S	M	L	XL	2XL
Body Length	27	28	29	30	31
Body Length Tolerance	+/-1	+/-1	+/-1	+/-1	+/-1
Chest Tolerance	+/-1	+/-1	+/-1	+/-1	+/-1
Chest Width (Laid Flat)	20	22	24	26	28
Sleeve Length (From Center Back)	33 1/2	34 1/2	35 1/2	36 1/2	37 1/2
Sleeve Tolerance	+/- 3/4	+/- 3/4	+/- 3/4	+/- 3/4	+/- 3/4



### Youth Sizing:

	XS	S	M	L	XL
Body Length	19 3/4	21 1/4	22 1/2	24	25 1/2
Body Length Tolerance	+/- 1	+/- 1	+/- 1	+/- 1	+/- 1
Chest Tolerance	+/- 1	+/- 1	+/- 1	+/- 1	+/- 1
Chest Width (Laid Flat)	16	17	18	19	20
Sizes (CA)	2-4	6-8	10-12	14-16	18-20
Sizes (US)	6-8	10-12	14-16	18-20	22-24
Sleeve Length (From Center Back)	23 1/2	26 1/2	27 3/4	30 1/4	33
Sleeve Tolerance	+/- 1	+/- 1	+/- 1	+/- 1	+/- 1



Sandman Signature Langley & Sandman Hotel Langley  
Call Sandman's Central Reservations at 1-800-SANDMAN(726-3626).

The Sandman Signature Langley has 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. *\*Rates available until Jan 11/23.*

Room Type	Signature King	Signature Two Queens	Executive King Suite w/ pull-out sofa and kitchenette
# of Available Rooms	5	10	20
Rate	\$159	\$169	\$209

Booking Reference: [Sandman Signature Langley - 2302LANGYM](#)

Sandman Langley Hotel features 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. *\*Rates available until Jan 11/23.*

Room Type	Signature King	Standard Two Doubles	Executive Queen Suite w/ pull-out sofa and kitchenette
# of Available Rooms	5	10	10
Rate	\$139	\$149	\$189

Booking Reference: [Sandman Hotel Langley - 2302LANGYM](#)

HOTEL