

**INVITATION TO COMPETITION FOR ADULT GYMNASTS 2024**  
**Woman's artistic gymnastic (WAG) and Men's artistic Gymnastic (MAG)**

Nordstrand Gymnastic club has the pleasure to invite all adult gymnast, from beginners to experienced, to participate in this competition.

**Saturday, 08 June 2024**

**Location:** Leirskallen Turnhall, Leirskallen 2, 1164 Oslo.

All woman from the age of 25, and all men from the age of 30 can compete in this adult's competition. Each gymnast can choose to compete in a single apparatus or combine some of them based on their own preference.

The judges will judge based on the Riga regulations this year. Any adaptations and specifications will be sent to those registered.

**Rewards:** All participants compete in each class and will receive prizes.

**Schedule**

The competition kicks off at 5 p.m. Meeting time for warm-up is at 3.30 p.m.

A detailed schedule will be sent out to participants after the registration deadline.

**Registration and payment**

Send an email to [heidi@nordstrandturn.no](mailto:heidi@nordstrandturn.no) with subject "Registration for adult competition".

Write your information including:

- Full name
- Level (beginner/intermediate/experienced)
- Apparatuses you would like to compete in
- Sentence if you approve or not approve photos being taken.

**Entry fee:** NOK 400,- per participant (covers prize and judges)

**Account number:** 1600 400 2877

**BIC:** DNBANOKKXXX

**IBAN:** NO8116004002877

**Note your payment with:** "Adult competition + [Full Name]"

**Registration is binding and we do not do refunds. Any questions can be sent to:**

[heidi@nordstrandturn.no](mailto:heidi@nordstrandturn.no)

**Registration deadline is Friday May 24<sup>th</sup>**

**Welcome everyone, both participants and audience!**

**Audience admission fee: 100,- NOK (from 15 years onwards). Children are free.**