



Welcome to the Mälars Cup 2011

The competition will take place in the Sports Arena: **Åkeshovshallen**, situated 10 minutes walk from Scandic Hotel Brommaplan. From the City Central Railway station you take the subway (T), green line no 17 or 18, direction Hässelby, Vällingby or Åkeshov to the arena. The station at the arena is called Åkeshov.

The competition hall, *Bollhallen*, and the training hall, *Gymnastikhallen*, are directly connected. Please note that only gymnasts who are competing are allowed in the training hall. We ask you to respect this also during Sunday when the training hall is open only for the finalists.

TIME SCHEDULE

Fri Sep 16	15.00-17.00	The training hall, <i>Gymnastikhallen</i> , is open for training (warm up and physical preparation)
	17.00-19.30	Competition Hall (<i>Bollhallen</i>) open for training upon request to the Competition Director
	20.00	Technical meeting in Scandic Bromma Hotel, room Lovön
Sat Sep 17	08.10-09.50	Warming up Subdivision 1
	09.00	Judges meeting. Men and Women
	10.00-12.30	COMPETITION Subdivision 1
	12.50-14.30	Warming up Subdivision 2
	14.40-14.55	Opening Ceremony
	15.00-17.30	COMPETITION Subdivision 2
	17.45	Prize ceremony Team competition and AA
20.00	Banquet in Åkeshov's swimming hall	
Sun Sep 18	0930-10.45	Warming up for the finalists
	10.00	Judges meeting. Men and Women
	11.00	APPARATUS FINALS
	13.30 (approx)	Prize ceremony finals

Separate schedule for warming up during the competition will be announced by the Competition Directors at the technical meeting.

ENTRANCE

All gymnasts, coaches and judges are requested to use the entrance named SPELARINGÅNG (to the right of the main entrance). You will find marked locker room there. You are not allowed to enter the training hall with other shoes than gymnastic shoes

TECHNICAL MEETING

The meeting starts at 20.00 and will be held in Scandic Hotel Bromma, Room Lovön situated 10 minutes walk from the Arena

The competition system will be presented. Information and participating numbers will be handed out. Observe that the starting order of each team should be submitted directly after the technical meeting and can not be changed after **9 pm Friday Oct 16.**

Please submit all changes like cancelation of gymnasts in your team as soon as possible upon arrival but not later than **9 pm Friday Oct 16.**

All clubs are required to be represented during the technical meeting. All remaining questions will be sorted out here.

WARMING UP

The gymnasts are allowed to warm up in the training hall. There could be limited access to certain apparatus.

STARTING FEES

The starting fees and the banquet tickets are prepaid via the web page www.malarcupen.se
No permission to start in the competition if the fees are unpaid.

INSURANCE

The Host Federation or the Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their delegation. The Organizing Committee will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

COMPETITION RULES

You can find the competition rules on the web page of the Mälars Cup, www.malarcupen.se

TEAM COMPETITION

A team shall provide for not more than 5 gymnasts to compete on any single piece of apparatus and the 3 highest scores/apparatus will be taken into account for the team total irrespective the age group.

RULES FOR THE FINAL

On each apparatus, the 4 gymnasts/age group (with a maximum of two per country) who have obtained the highest scores on such apparatus, in the course of Competition I, perform an exercise (which on vault means two vaults) on the apparatus in question.

LUNCH

Lunch can be bought at the small restaurant in Åkeshov Arena. The Mälars Cup will not cater for lunch for any participants or judges.

COMPETITION DIRECTORS

Women: Agneta Göthberg
Men: David Ahlin

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Welcome to Stockholm and the Mälars Cup 2011