

1. Organizer:

Małopolski Związek Akrobatyki Sportowej w Krakowie

Contact: Starowolska Street 10, 30-231 Kraków

e-mail: marek.starczynski@mzas.pl

2. **Date** : 8-10 March, 2024

3. **Venue** : Sport Hall in Kraków, Zarzecze Street 124 a

4. Competitions & Categories

a) Acrobatic Gymnastics

- Youth (WP, MP, MXP, WG, MG)
- Age Groups 10-16 (WP, MP, MXP, WG, MG)
- Age Groups 11-18 (WP, MP, MXP, WG, MG)
- Juniors 12-19 (WP, MP, MXP, WG, MG)
- Seniors 14 and older (WP, MP, MXP, WG, MG)

b) Trampoline – Individual

- youth (girls - boys) under - 12
- youth (girls - boys) 13 - 14
- junior (girls - boys) 15 - 16
- senior (ladies – men) 17 and older

c) Tumbling

- youth (girls - boys) under 12
- youth (girls - boys) 13 - 14
- junior (girls - boys) 15 - 16
- senior (ladies – men) 17 and older

d) DMT

- youth (girls - boys) under 12
- youth (girls - boys) 13 - 14
- junior (girls - boys) 15 – 16 years
- senior (ladies – men) 17 and older

5. Judges

Each delegation has to present one Judge in acrobatic gymnastics, trampoline, tumbling, DMT.

6. Accreditation

Accreditation will take place at the Sport Hall in Kraków, Zarzecze Street 124 a

7. Preliminary time schedule

Thursday, March 7 th , 2024	Arrivals to Kraków
Friday, March 8 th , 2024	13:00 – 20:00 Open training 20:30 Orientation meeting – officials, judges
Saturday, March 9 th , 2024	8:00 – 9:30 Training 10:00 Opening Ceremony 10:30 – 18:00 Qualifying Rounds
Sunday, March 10 th 2024	10.00 - Finals, 13:00 Award Ceremony
Monday March 10 th 2024	Departure of delegations

Definitive time schedule will be handed upon arrival.

8. Entry fees

Entry fee for gymnasts : EUR 30

9. Accommodation

Category 1 :

Hotel *** Bronowianka

The price per person/night:

- Double, Triple room – 70 Euro

Category 2:

Hotel *** Novotel

The price per person/night:

- Single room – 80 Euro
- Double room – 70 Euro

All accommodation through the Organizing Committee include:

- room,
- 3 meals,
- transfer from airport to hotel – 5 EUR per person
- farewell party for judges, coaches

10. Entry and Declaration of interest

Provisional registration:

31.01.2024

Definitive and nominativ registration:

10.02.2024

Organising Committee's Contact:

marek.starczynski@mzas.pl

Payment

On request, the organizer can accept the cash payment upon arrival.

Payment (entry fees + stay costs) deadline is **29.02.2024** and the payment has to be transferred to :

MBANK Kraków, ul. Kalwaryjska 35a

SWIFT – BREXPLWMBK

IBAN – PL 79 1140 2004 0000 3002 7488 1033

BENEFICIARY NAME – Małopolski Związek Akrobatyki Sportowej w Krakowie

11. Insurance

The Organizing Committee cannot be held responsible for any liabilities in case of accidents, illness. Therefore, all competitors and officials must make their own arrangements for the appropriate insurance (health, accident etc.) The insurance will be verified during the accreditation upon arrival.

SEE YOU IN CRACOW!