



Unni & Harald's Trophy 13th – 15th of March 2020



Oslo Turnforening would like to invite you to take part in the Trophies of Unni and Harald. This is the 25th international trophy since 1994 where our former national and international gymnasts Unni Holmen and Harald Wigaard have the pleasure to invite you to Norway's only international competition for WAG and MAG.

The 2020 competition will take place in Oslo the 13th – 15th of March 2020.

Participation:

Each federation/club may participate with team juniors and seniors men and women (5-5-3). We will also invite youth gymnasts from Nordic countries to an individual competition Friday 13th of March. The Junior and Senior gymnasts will be scored by FIG - regulation, while the Youth will be scored by Junior FIG regulation.

The six gymnasts with the highest score in the different apparatus in the Junior and Senior competition, will qualify for the apparatus finales.

Each team can consist of both junior and senior gymnasts.

Competition format (according to the FIG Code of Point):

Friday: March 13th: Youth individual all-around competition

Saturday: March 14th: Junior - Senior team and individual all-around competition

Sunday: March 15th: Apparatus finals Junior and Senior.

Competition	Age	All-around format	Format App. Final
Youth women*	11-12 years	I	
Junior women	13-15 years	I	III
Senior women	16 years and older	I	III
Youth men*	11-12 years	I	
Youth men*	13 years	I	
Junior men	14-17 years	I	III
Senior men	18 years and older	I	III

* According to the provisions on children's sports in Norway, only youth gymnasts from the Nordic countries can participate in this competition.

Competition venue and contact information

Competition Arena: Haslehallen
Eikenga 6, Oslo

Contact information:

Vetle Aa Svarstad

E-mail: arrangement@osloturn.no



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If you have any questions, please do not hesitate to contact us.

Provisional competition program

Friday 13th of March:

- 12:00 - 15:00 Competition Arena opens for training Junior and Senior
- 14:00-16:00 Lunch
- 15.00 Technical meeting Youth, Junior and Senior.
- 15.30 – 16.50 Apparatus training in the competition arena Youth
- 16:00-16.45 Judges meeting women and men in the competition arena.
- 17.00-19.30 Opening and individual all-around competition – women and men Youth
- 19.45 Award ceremony Youth

Saturday 14th of March:

- 08.30 Competition arena opens for warm up.
- 09.00-10.45 Apparatus training in the competition arena – women and men subdivision 1.
- 10.00-10.45 Judges meeting.
- 10.50 Line up and competition opening.
- 11.00-13.30 Individual all-around competition and team– women and men subdivision 1.
- 12.30-14.30 Lunch.
- 14.00-15.45 Apparatus training in the competition arena – women and men subdivision 2.
- 15.50 Line up and competition opening.
- 16.00-18.30 Individual all-around competition and team – women and men subdivision 2.
- 18.45 Award ceremony.
- 20.00-21.30 Dinner at Quality Hotel 33.

Sunday 15th of March:

- 09.30 – 11.45 Open warm up for finalists. Junior (6) and senior (6) (WAG, MAG)
- 11.00-11.45 Judges meeting.
- 12.00-15.00 Apparatus finals – women and men, junior and senior.
- 14:00-16:00 Lunch
- 15.30 Award ceremony finals

NB: Changes in the program may occur.

Number of judges and appointments

Each participating club is obligated to bring one judge for WAG and one judge for MAG if they have 2 or more gymnasts. 2-5 gymnasts= 1 judge, 6-10 gymnasts = 2 judges. All D - judges should be holders of the FIG license for the corresponding cycle. The participating club is responsible for all the economic expanses regarding judges. They are also responsible for booking travel, accommodations and meals for the judges. The organizer will provide food on the judges' tables. The appointment of judges to the apparatus will be made by the organizers.



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Awards / Prize Money

Youth: All-round

Juniors: All-round and apparatus finales

Seniors: All-around (4/6 app):

Rank 1 NOK 4.000, -

Rank 2 NOK 3.000, -

Rank 3 NOK 1.500, -

Apparatus Finales:

Rank 1 Gift + medals for rank 1-3

The Trophies of Unni Holmen and Harald Wigaard will be presented to the best Norwegian female and male senior gymnasts in all around.

Registration

Registration for all participants must be sent within January 26th. Please fill out and send the registration form that you find on the webpage: <http://osloturn.no/kategori/arrangement/uh/> We have a maximum number of participants "first come, first served". The registration is complete when you receive a confirmation from us.

Accommodation

Each club are responsible for ordering and payment for accommodation.

The official event hotel where we will have dinner Saturday and offer transportation:

Quality Hotel 33

Østre Akervei 33, 0509 Oslo

Telefon: +47 23 19 33 33

www.nordicchoicehotels.no/quality/quality-hotel-33/

*Please use the booking code for U&H Trophy 2020: **1103GR018887** within the 1st of February 2020.*

Prices:

Single Room: not available

Dobbel Room: 820 NOK per night

Trippel Room: 1050 NOK per night

Room for four: 1240 NOK per night

The price is per night and includes breakfast and wifi. We also offer transport to the competition arena Friday to Sunday from this Hotel.

Meals.

We offer lunch in the competition arena Friday, Saturday and Sunday. The Saturday- dinner will be held at Quality Hotel 33 Saturday evening. Lunch and dinner must be ordered in the registration form and pre-paid.



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Economy

The cost for each gymnast:	NOK 550,-
Team is additional	NOK 550,-
Lunch Friday, Saturday and Sunday is	NOK 150,- per day, per person
Dinner Saturday:	NOK 350,- per person
Transportation between Quality Hotel 33 and competition arena all weekend:	NOK: 175, - per person
Transport to Oslo Airport from the competition arena on Sunday:	200 NOK, - per person

All international clubs are obliged to bring one judge pr. team (if 2 or more gymnasts). If a team fails to bring a judge, there will be a fee of NOK 4000, -

The participation federations/clubs must pay all costs regarding traveling, accommodation, judges, and additional gymnasts by themselves. Payments must be prepaid to Oslo Turnforening within February 1st, 2020.

We kindly ask all international clubs to pay 50 NOK / 5 EURO in transaction fee.

Payment should be to: SWIFT: DNBANOKK IBAN: NO3770290501227

Travel schedule and local transports

We recommend the delegations who arrives at Oslo Airport Gardermoen, to use the Airport Express – Bus FB3 which you will find on the platform outside the terminal. The bus will take you directly to Quality Hotel 33. Quality Hotel 33 offer their discounts on the Airport Express Bus for their hotel guests. A voucher will be sent out to all the participating clubs staying at Quality Hotel 33 after the registration- deadline.

Oslo Turnforening will offer transportation directly from the Competition Arena to Oslo Airport Gardermoen after the competition Sunday for 200 NOK per person. This must be pre-ordered in the registration form and payed for to the organizing club.

There will also be a shuttle bus between hotel 33 and the Competition Arena, Haslehallen the whole weekend. Must be ordered in the registration form and pre-payd.

Music:

For WAG, please send us the floor music within the 1st of March, to arrangement@osloturn.no. The music must be marked with *staring number, name of gymnast and club*. Each club is responsible for sending the correct music.

INSURANCE:

The Host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like. The FIG Technical Regulations (Section 1, art. 12.10) 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.



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WE LOOK FORWARD TO WELCOME YOU TO OSLO

Kind regards Oslo Gymnastics Club

Ann-Mari Steinsland
Board Leader
Oslo Turnforening

Vetle Aa Svarstad
Event Manager
Oslo Turnforening

Sindre Kavli
Sport Manager
Oslo Turnforening