



2003A - 3713 Kensington Ave.  
Burnaby, BC V5B 0A7

604-477-1488  
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## 2023 BCSS Gymnastics Provincial Championship Bulletin #1

**Date:** March 9-11, 2023

**Host:** Windsor Secondary School

**Athlete Registration fee:** TBA. Schools will be invoiced after the tournament, please do not bring payment to the venue.

**Committee Chair:** George Carrol [artbooks@portal.ca](mailto:artbooks@portal.ca)

**BCSS Staff Liaison:** Julie Stevens, [jstevens@bcschoolsports.ca](mailto:jstevens@bcschoolsports.ca) 778-239-0797

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### Venue

#### Windsor Secondary School

931 Broadview Drive, North Vancouver BC

### STARS Registration

Rosters will be verified against the BCSS Student-Athlete Registration System (STARS). All coaches must also be included in the system. Competition credentials will not be issued unless the coach is in STARS and listed as a coach. If team staff needs to be added, school Athletic Directors can do this for coaches with no late penalties. Access to the competition is dependent on STARS registration.





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## Important Dates

- Zone Championships completed: **February 12, 2023**
- Registration Deadline: **February 20, 2023**
- Student – Athlete Withdrawal Deadline: **8:00am March 8, 2023**. Scratch fees equal to the registration fee will be carded after this date and time.

## Additional Details

**Official Rules:** a current and hard copy of the official rules will be on site and made available if requested.

**Coach Hospitality Room:** Fee TBA. Snacks, beverages and a light meal will be available to coaches throughout the tournament. Schools will be invoiced directly.

**Apparel:** BCSS has a new apparel partner (Team Rush Apparel) for a much-improved experience this year! Championship apparel will be available for pre-order.

- Any apparel ordered by the pre-order deadline (including customizations) will be available onsite during the event. We recommend guaranteeing stock and sizing by ordering in advance.
- Apparel may be available onsite throughout the championship for purchase. (details will be confirmed in the next tournament bulletin).

**Online Store Pre-order: TBA**

**Livestreaming:** BCSS will be live streaming much of the event. It can be viewed at <https://bcss.tv> or by visiting the BCSS YouTube Page. Please share with your supporters, parents, and student-body and on social media. We encourage our viewers to subscribe to our channel as most BCSS championships are streamed through the bcss.tv site.

**Social Media:** We ask that you share with all your student-athletes, coaches and supporters to ensure you tag BCSS in all your posts as well as use the hashtag **#BCSSProvincials2023**

**Food Service:** TBA

**Banquet:** Friday March 10<sup>th</sup> @ Windsor Secondary School. More details TBA.

**School Banners:** School banners (not be larger than 3' x 8') can be hung in the gym Wednesday evening or early Thursday morning. Each school is responsible for hanging and taking down their own. Please use masking tape.





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**Floor Music:** Floor music will be accepted as MP3 files on an electronic device that has a standard 3.5mm Aux outlet (headphone jack). Please have songs cut down to length. Have screen locks disabled on your device. A CD player will be available by request, please notify George Carroll in advance.

**Awards Ceremonies:** Athletes must remain in their competitive attire or team clothing during the award ceremonies. Individual awards and Team trophies will be given out immediately following each competition.

## Schedule

### Thursday, March 9<sup>th</sup>

- |                      |                |          |
|----------------------|----------------|----------|
| o Arrivals           | 8:00am- 8:30am | Main Gym |
| o Opening Ceremonies | 8:30am         | Main Gym |

### SESSION 1: Boys Level 1-5

- |                   |                 |           |
|-------------------|-----------------|-----------|
| o General Warm up | 9:00am          | Main Gym  |
| o Competition     | 9:30am- 12:30pm | Main Gym  |
| o Awards          | 12:45pm         | Small Gym |

### SESSION 2: Girls Level 2

- |                       |              |           |
|-----------------------|--------------|-----------|
| o General Warm up     | 1:00pm       | Main Gym  |
| o Competition         | 1:30- 5:00pm | Main Gym  |
| o Awards              | 5:15pm       | Small Gym |
| o AGM/Coaches Meeting | TBA          |           |

### Friday, March 10<sup>th</sup>

### SESSION 3: Girls Level 4-5

- |                   |               |           |
|-------------------|---------------|-----------|
| o General Warm up | 8:30am        | Main Gym  |
| o Competition     | 8:55- 12:00pm | Main Gym  |
| o Awards          | 6:15pm        | Small Gym |

### SESSION 4: Girls Level 3

- |                           |               |                  |
|---------------------------|---------------|------------------|
| o General Warm up         | 12:45pm       | Main Gym         |
| o Competition             | 1:10- 5:00pm  | Main Gym         |
| o Awards                  | 5:15pm        | Small Gym        |
| o Athletes Banquet/Social | 7:00- 10:00pm | Multipurpose Rm. |





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## Saturday, March 11<sup>th</sup>

### SESSION 5: GIRLS Senior Level 1

- |                   |                 |           |
|-------------------|-----------------|-----------|
| ○ General Warm up | 8:30 am         | Main Gym  |
| ○ Competition     | 8:55 – 10:30 am | Main Gym  |
| ○ Awards          | 10:45 am        | Small Gym |

### SESSION 6: GIRLS Junior Level 1

- |                            |                 |          |
|----------------------------|-----------------|----------|
| ○ General Warm up          | 11:00 am        | Main Gym |
| ○ Competition              | 11:25 – 2:00 pm | Main Gym |
| ○ Equipment pack-up        | 2:00 pm         | Main Gym |
| ○ Individual & Team Awards | 3:30pm          | Main Gym |

## Hotel Information

### Holiday Inn & Suites North Vancouver

700 Old Lillooet Road, North Vancouver  
604-985-3111

2 queen bed market rate: \$184.00+tax

The Holiday Inn North Vancouver is not holding rooms for the Tournament, and recommends you reserve as soon as possible to ensure preferred rates. Mention the Canada Sports and Athletics Rate when booking.

### Lonsdale Quay Hotel

123 Carrie Cates Court, North Vancouver  
604-986-6111

19 Deluxe 2 queen bed \$148.00+tax\*

7 Executive 2 queen bed \$169.00+ tax

19 Executive 1 king bed \$169.00+tax

\*rates are conditional to booking 10 rooms by February 10<sup>th</sup>, and the remaining 9 by February 20<sup>th</sup>.

All rooms will also be charged a \$12.00 facility fee.

### Booking Code: BC School Sports Gymnastics

Cancellation Date: February 20<sup>th</sup>, 2023

Release Date: February 20<sup>th</sup>, 2023

### North Vancouver Hotel

1800 Capilano Road, North Vancouver  
604-987-4461

The North Vancouver Hotel is undergoing renovations in 2023, and could not commit to room blocking, but may be partially open in early March. Call the hotel directly to inquire.

