



You're invited to our inaugural meet!

May 24, 2026

We're rolling out the red carpet to welcome you to
Athabasca, the gateway to the north.



Our goal is to host a northern gymnastics meet that offers a whole family experience.
Relax at one of the surrounding lakes, take in the Farmer's Market, go for a round at our beautiful golf course,
or check out the mighty Athabasca River.

Interclub Fun Meet

The Interclub Fun Meet provides Gymnastics For All (GFA) participants an opportunity to showcase personal ability through performance-based routines meant to focus on the the experience rather than content.

We welcome all levels and abilities to join us in this celebration of the joy of gymnastics.

Theme

Roll Out the Red Carpet

Dress in your finest, march-in with style, & pose for the paparazzi!

Location

Cenovus Arena

Athabasca Regional Multiplex
#2 University Drive Athabasca, AB

Registration

Opens: January 9, 2026

Closes: May 2, 2026

**Registrations must on attached form
and submitted to**

gateway-classic@athabascaflips.ca

***PLEASE NOTE:**

all participants must be registered with AGF

Payment

E-transfer is preferred method
purchases@athabascaflips.ca

Cheques payable & mailed to:
Athabasca FLIPS Gymnastics
4705-48 Avenue
Athabasca, AB T9S 1R3

Fees

Individual Only \$75

Group Performance Only \$35

Individual & Group \$100

Athletes participating in multiple group performances must be registered with each troupe.

Individual Performances

Levels

Youth Beginner

CanGym Badges 1-4, Xcel Bronze, CCP 1-2

Youth Intermediate

CanGym Badges 5-7, Xcel Silver, CCP 3-4

Youth Advanced

CanGym Badges 8-12, Xcel Gold-Platinum, CCP 5-6

Adult

All levels

Apparatus

Participants may perform some or all of the following events:

Vault: mat stack & table available (max 2 vaults per athlete)

Uneven Bars: maximum 1 minute routine.

Balance Beam: maximum 1 minute routine.

Floor: maximum 90 second routine. Music is optional (mp3 format)

Awards

Each participant receives a certificate & medal, presented on the podium.

Group Performances

- Levels** Groups of all sizes, abilities, and ages (7+) are permitted.
Every participant must be signed up. Athletes participating in multiple group performances must be registered to each group and will be charged accordingly.
- Apparatus** **Spring floor only.** Groups may bring their own props & must tidy up when finished.
Maximum time of 10 minutes per routine.
- Awards** Each participant receives a ribbon, presented to one coach for distribution to team.

Refunds

- Submitted by email to gateway-classic@athabascaflips.ca no later than May 2, 2026.
- Medical refunds with a doctor's medical note from May 3, 2026 to May 21, 2026
- Physiotherapists, massage therapist, naturopaths notes not accepted
- Competition refunds are subject to a \$20 administration fee.
- Refund payments will be issued after competition completion
- **No refunds will be granted after the competition has started.**

Meet Contacts

Payment & Refund Inquiries
Rose Fitzmaurice
treasurer@athabascaflips.ca

Registration & Withdrawal Inquires
Erin Dosenberg
gateway-classic@athabascaflips.ca

Other Information

- Equipment by SA Sport
- On-site Medical Personnel

Hospitality & Tourism

Partner Hotel

Days Inn by Wyndham Athabasca
2805 48 Avenue, Athabasca
Offering 10% discount for meet stays.
Must call local front desk to book: (780) 675-7020

Onsite Food

- Hospitality suite for coaches & judges
- Public concession available

Regional Tourism

Where to eat, what to do, upcoming events...
there is just not enough space for it all!

Head over to the Athabasca Region Tourism site for a comprehensive list.

