



WESTERN CANADIAN ARTISTIC GYMNASTICS CHAMPIONSHIPS

**April 18-20, 2024
Langley, BC**

Coaches, Judges & Delegation Guide

Venue:

**Langley Events Centre
7888 200 St.
Langley, BC V2Y 3J4**



On behalf of Langley Gymnastics Foundation (LGF), the Local Organizing Committee, we would like to thank you for joining us at the Western Canadian Artistic Gymnastics Championships in Langley, BC.

Contact Information:

Jennifer	Event Director, LGF	jenc@langleygymnastics.ca (778) 238-0485
Aidan	Events Coordinator, GymBC	amuth@gymbc.org

YOU ARE INVITED TO THE

WESTERNS

ADULT

SOCIAL

LANGLEY EVENTS CENTRE
GATE 3- TAKE ELEVATOR TO LEVEL 4

APRIL 20, 2024
7:00PM - 9:30PM

CASH BAR (19+), FIRST DRINK IS ON US!

*For Coaches,
Judges
& Team Delegation*

HOSTED BY:  **Langley GYMNASTICS**

Please RSVP Here: <https://forms.gle/DZ54b7DGAZLvkaFN9>

Venue Information

**ATHLETES, COACHES,
JUDGES & DELEGATION:**

ENTER THROUGH GATE 3

*Accreditations will be handed out
at this entrance*



SPECTATORS:

ENTER THROUGH GATE 2



FOP

*Although there is no ice, it
can often be chilly in the
arena. We suggest
layering!*

Hospitality Schedule

Snacks and coffee will be available throughout the day.

Day	Meal	Time	Location
Thursday, April 18th	Breakfast	0730-1030	Level 4
	Charcuterie	1130-1530	Level 4
	Dinner	1600-1800	Level 4
Friday, April 19th	Breakfast	0730-0930	Level 4
	Lunch	1100-1300	Level 4
	Charcuterie	1430-1630	Level 4
	Dinner	1730-1930	Level 4
Saturday, April 20th	Breakfast	0800-1000	Level 4
	Lunch	1130-1330	Level 4
	Charcuterie	1600-1700	Level 4

Podium Training Schedule

WAG

Thursday, April 18, 2024

0800-1000 Team BC

1000-1200 Team SK/YK

1200-1400 Team MB/NWT

1400-1600 Team AB

Technical Meeting

1605-1625

OPENING CEREMONIES

Everyone to attend

1630-1655

MAG

Thursday, April 18, 2024

0800-1000 Team BC

1000-1200 Team SK/YK

1200-1400 Team MB/NWT

1400-1600 Team AB

Technical Meeting

1605-1625

OPENING CEREMONIES

Everyone to attend

1630-1655

Competition Schedule

WAG

Thursday, April 18, 2024

CCP 8 (15+)

1700-1715 Warm-Up
1720-2045 Competition

Friday, April 19, 2024

CCP 9 (11-14)

0800-0820 Warm-Up
0825-1100 Competition

CCP 9 (15+)

1130-1150 Warm-Up
1155-1430 Competition

CCP 10 (12-15)

1500-1520 Warm-Up
1525-1730 Competition

CCP (16+)

1800-1820 Warm-Up
1825-2100 Competition

Saturday, April 20, 2024

CCP 8 (11-14)

0845-0900 Warm-Up
0905-1230 Competition

Apparatus Finals

1300-1320 Warm-Up
1325-1600 Competition

MAG

Thursday, April 18, 2024

Provincial 2

1700-1720 Warm-Up
1720-2050 Competition

Friday, April 19, 2024

Provincial 3

0800-0900 Warm-Up
0900-1145 Competition

Provincial 4

1200-1300 Warm-Up
1300-1545 Competition

Provincial 5

1600-1700 Warm-Up
1700-1945 Competition

Saturday, April 20, 2024

Apparatus Finals

1200-1300 Warm-Up
1300-1545 Competition

Vendors

Located on the mezzanine



Canadian made gymnastics leotards
and grips for men and women.
Come check out our finals suits!



Official on-site supplier for Western
Canadian Artistic Gymnastics
Champions 2024 apparel.

Services



elioshealth

Len Chong

First Aid

Physiotherapy

*(All athletes,
priority to Team BC)*



Nearby Restaurant Recommendations:

Sushi Gio Japanese Restaurant

20177 88 Ave
(604) 371-2411

Brown's Social House

20159 88 Ave
(604) 455-0754

The Barley Merchant

20090 91A Ave
(604) 371-2699

Moxies

8828 201 St
(604) 455-0329

Ricky's All Day Grill

8720 204 St
(604) 888-4211

Reminders:

Please pick up your Accreditation Tag when you first arrive at Langley Events Centre, Gate 3.

Up-to-date event information can be found here:

