



**WESTERN CANADIAN  
ARTISTIC GYMNASTICS  
CHAMPIONSHIPS**

April 18-20, 2024  
Langley, BC

# Athlete 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.**

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## **Contact Information:**

<b>Jennifer</b>	<b>Event Director, LGF</b>	<b><a href="mailto:jenc@langleygymnastics.ca">jenc@langleygymnastics.ca</a></b>
<b>Aidan</b>	<b>Events Coordinator, GymBC</b>	<b><a href="mailto:amuth@gymbc.org">amuth@gymbc.org</a></b>

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## **Field of Play:**

**Although there is no ice, it can often be chilly in the arena.  
We suggest layering or bringing something warm to wear.**



For training and competition times, athletes can enter through Gate 3 and utilize the athlete corrals on the FOP.

For **Opening Ceremonies**, please arrive and wait at the Gate 3 entrance at 4:15pm for March-In.

# Venue Information



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

**ENTER THROUGH GATE 3**

*Accreditations will be handed  
out at this entrance*

**SPECTATORS:**

**ENTER THROUGH GATE 2**



## SPECTATOR ADMISSION COSTS:

	Single-Day	Weekend
Children 5 & Under	Free	Free
Youth/Seniors	\$15	\$25
Adults 18+	\$21	\$36
Family (2 adults + 2 youth/seniors)	\$56	\$81

*Parking is free*

YOU ARE INVITED TO THE

# WESTERNS ATHLETE SOCIAL

LANGLEY EVENTS CENTRE  
BANQUET HALL  
GATE 2  
CASUAL DRESS

APRIL 20, 2024

7:00PM - 9:30PM

HOSTED BY:  **Langley  
GYMNASTICS**



## 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.

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## Services

*Photos must be pre-purchased. Some sessions already sold out.*



[Click here for WAG Photo packages](#)

[Click here for MAG Photo packages](#)



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

## Ricky's All Day Grill

8720 204 St  
(604) 888-4211

## White Spot

20077 91A Ave  
(604) 881-1099

## Boston Pizza

20090 91A Ave  
(604) 513-1330

## 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:**

