



2012 Graceful / Solo / Duo Competitions

Saturday 31st March and Sunday 1st April

Friday night 30th March may be required dependent on entry numbers

Royalty Theatre, 65 Angas Street, Adelaide

ENTRY FEE: **\$15 per single entry / \$30 per Duo (\$15 per girl)**
TIME LIMITS: As per CASA Competition rulings
COACHES: Must be Level 1 Accredited and accompany competitor side stage, wearing ACF Badge
 (A RCC Level 1 coach will be available to put competitors on if needed)
LIGHTING: ☀ **Full stage lighting available** ☀
VIDEO: DVDs will be available to order
SECTIONS: Novice, Open, Masters (25 years and over) and Tiny Demonstration (6 years and under)

OPEN: An open competitor is any girl who has been selected for a National Team from and including 2010-2012, OR any girl who has placed in the Championship section at CASA Competitions in their current section.
NOVICE: A Novice competitor is any girl who has NEVER been selected in a National Team OR any girl whose last National Team was in 2009 or prior.
NOTE: The Ridgehaven Calisthenics Club Committee reserves the right to divide/combine sections as they see appropriate.

ENTRIES CLOSE

Wednesday 7th MARCH 2012

NO LATE ENTRIES WILL BE ACCEPTED
NO REFUNDS WILL BE ISSUED

Please make money order/cheques payable to RIDGEHAVEN CALISTHENICS CLUB

Post entries to: March Competitions, Ridgehaven Calisthenics Club, PO Box 724, Modbury, SA 5092

Programmes cost \$3. Please enclose an A5 size **self addressed stamped** envelope in order to have them posted out

Enquiries to Tracy McMillan, stmcm@optusnet.com.au, 0405 604 029

Fill in all Relevant Sections—Cut off and return bottom section only

		(FOR DUO PARTNER)	
Name:	_____	Name:	_____
Date of birth:	_____	Date of birth:	_____
Club:	_____	Club:	_____
Coach:	_____		
Girl 1:	Year of last/current National Team _____	Section:	_____
Girl 2: (for duo)	Year of last/current National Team _____	Section:	_____
Contact Name:	_____	Contact Phone:	_____
		Contact Email:	_____
Items entering:	GRACEFUL / SOLO / DUO		Please Circle
Section:	NOVICE / OPEN / MASTERS / DEMONSTRATION		Please Circle
Large A5 Stamped self addressed envelope included for programme	- YES / NO		Please Circle
GRACEFUL \$15 / SOLO \$15 / DUO \$30 / PROGRAMME \$3			Please Circle
TOTAL AMOUNT ENCLOSED \$	_____		