



Millennium Cup 2005 Information!

Welcome To Our Participants!

- **Scripts must be turned in** to Adrienne on Friday or Saturday morning latest & you should have 3 copies of each script to submit to us (due to late delivery)
- **For emergencies call** Simona 604-604-9195; Megan 604-764-8193; Adrienne 604-788-2752. BB Ignatova will be staying at the Holiday Inn North Vancouver Thursday, Friday, Saturday, Sunday so connect with her through the Front Desk.
- **Practice for Out of Town Teams** on Friday is scheduled 9:30-11:00 am at competition site (no music)
- **Breakfast for Judges** will be served from 8:00-9:00am at competition Sat & Sun
- **Capilano College** is a short 5-7minute walk up the hill from the hotel. Capilano Sportsplex, 2055 Purcell Way, North Vancouver, BC
- **Driving Directions** – Take Exit 22 off the Trans-Canada Hwy. Proceed up the hill on Lillooet Rd to Main Entrance right on Purcell Way – take a right turn again and the gym is straight ahead. The public bus stops outside the Holiday Inn....ask the front desk for details
- You may get to **downtown Vancouver** quite easily by catching the local bus to Lonsdale Quay and boarding the Seabus to cross the Burrard Inlet....it's a lovely trip! Front Desk will have details
- **Saturday night Dinner/Buffer for Gymnasts** is \$20. with a wide variety of delicious food items created especially for the night by the Holiday Inn Chef in the restaurant
- **Saturday night Dinner/Buffer for Adults** will be held just across the hall in the Holiday Inn Lillooet Room. Tickets are \$20. and a cash bar will be available...a small intimate setting for Judges, Coaches, Parents to intermingle and relax!
- **Pool and Spa facilities** are on site as well as the Seymour Pub and convenience store
- A full concession will be in operation at the competition site offering hot and cold food items and snacks
- **A silent auction** will be available on site with lots of tempting items to bid on...proceeds go to our athletes
- **Ordered prepaid Tank Tops** will be delivered to the Team coach and a few event tanks will be available to purchase on site
- Gymnasts may march out for **Opening Ceremonies** in Track suit or Competition suit
- Gymnast for **Awards Ceremony** on Sunday evening should wear competition suits