

50th International Sportsfestival

BLUME - GRAN CANARIA

Las Palmas, 18th – 27th November 2010



Inscription

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50th International Sportsfestival BLUME GRAN CANARIA

Dear sportfriends,

A vibrant city of the Canary Islands, an atlantic town more than 500 years old, Las Palmas invites you to the **50th International Sportsfestival "BLUME - GRAN CANARIA"**. The official programme of the **International Sportsfestival "BLUME - GRAN CANARIA"** will take place between the 18th and the 27th, November 2010. Last year many international clubs participated in the biggest festival of non-competitive General Gymnastics of the Real Spanish Gymnastics Federation (R.F.E.G.) and the Spanish Association Sports for All.

Like previous festivals, we will not organise a competition, but wish only to share the message of these days of gymnastics with others: "Enjoying the fascination of gymnastics together". We would like to remind you that the temperature in Gran Canaria in winter is about 20/25 degrees. The programme includes outdoor sports activities in traditional places or beaches of Gran Canaria. This year are included the "**XII Tournament Open Bridge BLUME – GRAN CANARIA**" and the "**XI Tournament Open Team Gymnastics BLUME – GRAN CANARIA**". More than 30 events and shows will take place in the villages of the island Gran Canaria: the capital Las Palmas de Gran Canaria, Maspalomas, Tafira, Telde, Arucas and Ingenio.

Are you prepared to participate this year in Las Palmas? We can apologise the preparation for your participation as follows:

1. Do you want to make gymnastics at the beach of Maspalomas or Playa del Ingles?
2. Are you an enthusiastic gym-group with fantasy?
3. Is your age between 0 and 130 years?

If your answers are positive and you think you have enough imagination to prepare two or three performances with the maximum time of 10 min, then the next step is to clarify your flight and accommodation in your travel agency.

We cordially invite all member federations of the international gymnastics family to attend the **50th International Sportsfestival "BLUME - GRAN CANARIA"**.

Best regards

Jesús Telo Rodriguez
General Secretary
OC "BLUME - GRAN CANARIA"

1. Date and place

As every year we celebrate a new edition of the International Sportsfestival "BLUME - GRAN CANARIA". The 50th International Sportsfestival "BLUME - GRAN CANARIA" will be held from November 18th, until 27th, 2010 in the isle Gran Canaria, Spain. The towns of Las Palmas, Tafira, Maspalomas, Telde, Arucas and Ingenio offer facilities for the organisation of the indoor sports events. The outdoor demonstrations will be held in the sport-town of Gran Canaria, the beach of Las Palmas, Canteras, in Santa Catalina Park, Swim-Festival in the Swim Complex Julio Navarro.

The provisional Time-schedule for the official programme "BLUME - GRAN CANARIA" 2010 is as follows:

Official Programme

Nr.	Date	Time	Event	Place	
	14.10.2010	Thursday	19:00	1st Meeting for groups (Information)	Gimnasio Las Palmas
	02.11.2010	Tuesday	17:00	2nd Anniversary Jesús Telo Núñez	Pino Church
	10.11.2010	Wednesday	19:00	Presentation 49th Blume-Gran Canaria	Gimnasio Las Palmas
	17.11.2010	Wednesday	20:00	2nd Meeting for groups (Inscription)	Gimnasio Las Palmas
002	18.11.2010	Thursday	12:00	Matinee Swim-Festival	Swim. Julio Navarro
			17:00	Information meeting for group leaders Team Gym	Hotel Beverly Park
004	19.11.2010	Friday	18:00	XII Open Tournament Bridge (1st Session)	Real Club Náutico
005			10:00	Training XI Team Gymnastics	Universidad LPGC
006			16:00	XI Tournament Team Gymnastics	Universidad LPGC
007	20.11.2010	Saturday	11:00	Matinee Las Palmas G.C.	Parque Sta Catalina
008			16:00	V Matinee JUDO	Pol. Tamaraceite
009			17:00	XII Open Turnier Bridge (2nd Session)	Real Club Náutico
010			17:00	Matinee "Olympics" Las Palmas G. C	Parque Sta Catalina
	21.11.2010	Sunday	09:00	Oecumenic Sportfestival Mass	Oecumenic Church
011			11:00	Matinee Las Palmas G. C. (La Puntilla)	Playa Canteras
			15:00	Information meeting for group leaders	Hotel Beverly Park
012			20:00	Inauguration BLUME GRAN CANARIA	C. C. Yumbo
013	22.11.2010	Monday	09:00	Workshops IGF 50+	Pol. San Fernando
014			10:00	Matinee Gymnastics with disabilities	San Juan de Dios
015			16:00	Inauguration XXV Expo sports arts	Gimnasio Las Palmas
016			20:00	Evening Show Yumbo	C. C. Yumbo
017			20:00	Evening Show Maspalomas	Plaza Maspalomas
018	23.11.2010	Tuesday	09:00	Workshops IGF 50+	Pol. San Fernando
019			19:00	Evening Show Rollshuhshow	Pista Patinaje
020			20:00	Evening Show Yumbo	C. C. Yumbo
021			20:00	Evening Show Maspalomas	Plaza Maspalomas
022	24.11.2010	Wednesday	09:00	Workshops IGF 50+	Pol. San Fernando
			16:30	Coloquium "Olympics"	RTI-La Voz de la Cantera
024			18:00	Closing XXV Expo sports arts	Gimnasio Las Palmas
025			20:00	Evening Show Yumbo	C.C. Yumbo
026			20:00	Evening Show Maspalomas	Plaza Maspalomas
027	25.11.2010	Thursday	09:00	Workshops IGF 50+	Pol. San Fernando
028			17:00	Gala Jesus Telo Nuñez	Centro Insular Deportes
029	26.11.2010	Friday	10:00	Matinee C. Marpe-Memorial Vicente Ojeda	Pol. Juan Beltrán
030			10:00	Matinee Maspalomas	Pol. San Fernando
031			16:00	Evening Show Telde	Pol. Rita Hernández
032			17:00	Evening Show Ingenio	Pol. Carrizal
033			18:00	Evening Show Las Palmas	Pol. Juan Beltrán
034	27.11.2010	Saturday	10:30	Matinee Las Palmas	Pol. Juan Beltrán
035			16:00	Evening Show Arucas	Pabellón Municipal
036			16:00	Closing Ceremony BLUME GRAN CANARIA	Pol. Juan Beltrán

2. Inscription

Anyone can participate! We welcome groups of gymnasts, clubs, university clubs, gymnastic colleges and anyone who is interested in the world of gymnastics. Each group prepared for the sport-shows two or three performances. The maximum time for each performance is 10 minutes including setting up and clearing off the floor. The organisers would like to draw your attention to the fact that the performances must not run over into one another and at the beginning and end of the maximum given time the floor and surroundings should be free of participants, apparatus or materials.

There are two different areas for the indoor performances: 12 x 12 m. on ground apparatus and 12 x 12 m. without ground apparatus. It is very important for the organisers to have exact details of the type and number of apparatus will be used. Precise dates and venues of demonstrations will be published immediately after the participants applications have been accepted.

The inscription forms must be received until November 1st, 2010 in:

Comité Organizador "BLUME - GRAN CANARIA"
P.O. Box 26 04
Juan M. Duran 6-4°
35007 Las Palmas de Gran Canaria, Spain
E-Mail: jtelo@blumegc.e.telefonica.net

3. Transport + Entrance ticket

With the entry + transport card the participants can assist during the Sportsfestival "BLUME – GRAN CANARIA" to all Sports activities Sailing, Swimming, Team Gym, Bridge and to all the gym-shows, inauguration and closing ceremony.

The special Sportsfestival Bus Service will take the participants from the hotels to the places of the exhibitions or TemaGym, where the gymnastic team participate. The entrance + transport-ticket costs per person during the Sportsfestival time including TeamGym Tournament are:

for participants (till 18. years):	35 €	for visitors (till 18. years):	40 €
for participants (adults):	40 €	for visitors (adults):	45 €
<i>Childs (till 6 years old) are free from the entrance + transport ticket</i>			

If the group opt to participate exclusively for the TeamGym Tournament the entrance + transport-ticket costs per person are:

for participants (till 18. years):	10 €	for visitors (till 18. years):	15 €
for participants (adults):	15 €	for visitors (adults):	20 €
<i>Childs (till 6 years old) are free from the entrance + transport ticket</i>			

4. Flight + Accommodation + Meals

We recommend to book the charter package (flight+accommodation+meals) through our CO BLUME - GRAN CANARIA - offices. Please compare first the different possibilities to fly to Gran Canaria and choose for your travel the accommodation in Las Palmas or Playa del Ingles/Maspalomas.

The Organisational Committee "BLUME - GRAN CANARIA" arranges also reasonable accommodation in the official hotels / apartments in Las Palmas and in Playa del Ingles. We recommend that if you require hotel rooms you reserve them as soon as possible. The bookings have to be done until October 1st, 2010 at one of the following address:

Organisator Spain:

C. O. BLUME - GRAN CANARIA
 Gimnasio Las Palmas
 P.O. Box 26 04
 Juan M. Duran 6-4°
 35 007 Las Palmas de G.C., Spain
 Tel. P: 00 34 928262815 or 494407
 Fax. G: 00 34 928262815
 E-Mail: jtelo@blumegc.e.telefonica.net

Address in the first page:

Czech Republic
 Denmark
 Germany
 Great Britain
 Greece
 Sweden

Departure⁽¹⁾	Day	Return	Day	Days	Airport⁽²⁾
18.11.2010	Thursday	25.11.2010	Thursday	7	charter
20.11.2010	Saturday	27.11.2010	Saturday	7	charter

(1) Bus Transfer from the Airport Gran Canaria can be ordered in the inscription paper / 806

(2) All the airports in Great Britain, Czech Republic, Denmark, Sweden, Finland and Norway with charter flights

Provisional Pricetable (prices in €) for the flights starting from a german airport are approx. 240 – 280 € per adult.

The prices 2010 (per person per night) for accommodation including halfboard (breakfast & dinner) in the official hotel for the gymnastics teams are:

in Playa del Ingles / Maspalomas

Festival Hotel *** (Hotel Beverly Park)	Hotel & half board	Childs 2-11 J.
Double room + 2 bed	30 €	On request
Double room + 1 bed	30 €	On request
Double room	35 €	On request
Individual room	50 €	

The rooms are looking for the landmark. The option of ocean side can be reserved for 5 € per person/night.

If your team is interested in an offer for the Sportsfestivals Hotel/Bungalows, please ask till the

1st October 2010

in written form to our office in Germany

OK "BLUME - GRAN CANARIA"

Jürgen Klughammer

Amselweg 56

67227 Frankenthal E-Mail ok.blume@t-online.de

Tel.: 0049 6233 / 366 077

Tel.: 0049 6233 / 366 078

Fax. 0049 6233 / 366 076

Mobil 0049 170 52 50 196

The reservation conditions are:

The cancellation of reservations are possible by a group or individuals till the 30th September, 2010 without charges. For the cancellations made after the 30th September, 2010 will be no restitution and the reallocation of the remaining participants will follow the rule

If the cancelled reservation was in a:

3-bed room: remaining 2 persons take over the costs for a double room

Double room: remaining person takes over the costs for an individual room

5. Information about the provisional programme

The foreign teams can participate in all the Sports-shows of the **50th International Sportsfestival "BLUME - GRAN CANARIA"**. The official programme in 2010 is prepared as follows:

002 Thursday, 18.11.2010 12:00 Matinee Swim-Festival Swim. Julio Navarro

The event is in progress to be one of the highlights of the International Sportsfestival „BLUME – GRAN CANARIA“. With the collaboration of the Club Natacion Las Palmas we will have the opportunity to see the Swim-Show with the Acro- and Synchro-teams.

004 Friday, 19.11.2010 18:00 XII Open Tournament Bridge

We start together with the Bridge Association of Gran Canaria the Tournament of the XII Open Bridge „BLUME – GRAN CANARIA“.

005 Friday, 19.11.2010 10:00 Training XI Team Gymnastics

With the collaboration of the University of Sports and Physical Education of Gran Canaria of Las Palmas de Gran Canaria we start the XI Open Tournament TeamGym „BLUME – GRAN CANARIA“ with the training sessions.

006 Friday, 19.11.2010 16:00 Tournament XI Team Gymnastics

During the afternoon session the teams will start with the XI Open TeamGym „BLUME – GRAN CANARIA“ Tournament. Good luck!

007 Saturday, 20.11.2010 11.00 Matinee Las Palmas de Gran Canaria

As traditional the sports activities of the 10 days event starts with the outdoor performance of the 50th International Sportsfestival "BLUME - GRAN CANARIA" including a show of international character in the capital of the island, Las Palmas de Gran Canaria.

008 Saturday, 20.11.2010 16.00 V Matinee JUDO

Also a tradition is to include the judo sports in the program of the International Sportsfestival "BLUME - GRAN CANARIA" with the participation of more than 600 judokas representing all ages.

009 Saturday, 20.11.2010 18:00 XII Open Tournament Bridge

Under the roof of the Bridge Association of Gran Canaria and in the installations of the Royal Nautic Club of Gran Canaria that we are organising the Tournament of the XII Open Bridge „BLUME – GRAN CANARIA“.

010 Saturday, 20.11.2010 17.00 Evening Show Olympics Las Palmas G.C

This event is specially prepared for the participants of the Canary Islands in the Olympic Games. Canarian sportsmen and women have been participating since the Olympic Games in Amsterdam. This is the second Sports Meeting organized by the OC „BLUME - GRAN CANARIA“.

011 Sunday, 21.11.2010 11.00 Matinee Las Palmas G.C. (La Puntilla)

As traditional we show the “Gym-motors” from the 50th International Sportsfestival „BLUME – GRAN CANARIA“ for the public of Gran Canaria under the view of Canteras beach.

Sunday, 21.11.2010 15.00 Meeting with group leaders

We offer a special meeting in Hotel Beverly Park in Playa del Ingles to inform the team leaders and to distribute the information documentation of the 50th International Sportsfestival „BLUME – GRAN CANARIA“ for the teams.

012 Sunday, 21.11.2010 20:00 Inauguration BLUME GRAN CANARIA

We inaugurate the Festival in the south of the island in the well-known environment of the Shopping Center Yumbo. A colourful and diverse number of national and international shows distribute the start-up signal for our international visitors.

013 Monday, 22.11.2010 09.00 Workshops

We start with the movement, we will dance, we will play and we will enjoy together the workshops with the international instructors daily in the morning of the Sportshall of San fernando.

014 Monday, 22.11.2010 10.00 Matinee Las Palmas gymnastics with disabilities

We are honoured to include the discipline gymnastics for disabilities in the college San Juan de Dios in the 50th International Sportsfestival BLUME GRAN CANARIA

015 Monday, 22.11.2010 16.00 Inauguration XXV Expo Art

More than 500 pupils and students from the Canary Islands participate at the XXV Expo Art Contest „BLUME – GRAN CANARIA“. The Expo will be inaugurated in Gimnasio Las Palmas.

016 Monday, 22.11.2010 20.00 Evening Show in Shopping Centre Yumbo

Included in the program due to the increased interest for participants to show outdoors in Maspalomas during the 50th International Sportsfestival „BLUME – GRAN CANARIA“.

017 Monday, 22.11.2010 20.00 Evening Show, Plaza Maspalomas

Our emblematic show in the center of Playa del Ingles of the 50th International Sportsfestival „BLUME – GRAN CANARIA“.

018 Tuesday, 23.11.2010 09:00 Workshops

We continue with the introduction for our gymnasts of the magic world of Tai Chi Qang, combining local folklore & international dances with the beach Volleyball. We share the mental with the active gymnastics outdoors during the winter time.

019 Tuesday, 23.11.2010 19:00 Scating in Polideportivo San Fernando

This year we offer the scating show as a new discipline in the programme. In the Sportshall of San Fernando the local teams will show the national performances.

020 Tuesday, 23.11.2010 20:00 Evening Show CC Yumbo

Due to the big number of participants that are interested to perform outdoors, we improve the performance program in Maspalomas.

021 Tuesday, 23.11.2010 20:00 Evening Show, Plaza Maspalomas

It is a special place in a special environment! Every team that has performed in Plaza de Maspalomas knows the gymnastics feeling of the evening show.

022 Wednesday, 24.11.2010 09.00 Workshops

The gym participants are well trained, the instructors are well informed. What is remaining? Of course our involvement and energy for the successful development of the workshops sessions in the Sportshalls of San Fernando.

Wednesday, 24.11.2010 16:30 Colloquium "Olympismus"

Time for the olympic members of the Canary Islands. The region presents their sports history and enjoy the sports profile and information about the Olympic Games with the participation of the canarian sports women and man.

024 Wednesday, 24.11.2010 18:00 Closing XXV Expo-Culture

The creative paintings of the „BLUME – GRAN CANARIA“ world are been shown in Las Palmas and the the local schools and institutes of the XXV Expo-Culture BLUME-Gran Canaria are awarded.

025 Wednesday, 24.11.2010 20.00 Evening Show C.C. Yumbo

The third Gym-Show in this Shopping Center completes the outdoor performances in the south of the island of the 50th International Sportsfestival „BLUME – GRAN CANARIA“.

026 Wednesday, 24.11.2010 20.00 Evening Show, Plaza Maspalomas

The Gym-Shows of the foreign teams are the special programme for this evening in Playa del Ingles during the session in this nice part of the isle.

027 Thursday, 25.11.2010 09:00 Workshops

With the inspiration of the last workshop sessions we finalise the important activity, looking forward for the next year and recognizing that allways there is SPACE FOR IMPROVEMENT.

028 Thursday, 25.11.2010 17:00 Gala Jesús Telo Núñez

In the Gala the Gymnastic Association of Gran Canaria welcomes all the participating teams. Here are participating all the clubs in the marching in celebrating a week of sports and friendship. The 50th International Sportsfestival "BLUME - GRAN CANARIA" will be opened by the President of the Organisational Committee.

029 Friday, 26.11.2010 10:00 Matinee "Vicente Ojeda", Las Palmas G.C.

The show performances have been an essential part of the International Sportsfestival "BLUME - GRAN CANARIA". The shows of the Matinee will present traditional elements and will form an impetus to develop the design of motion.

030 Friday, 26.11.2010 10:00 Matinee Maspalomas, Pol. San Fernando

The Organisational Committee "BLUME - GRAN CANARIA" presents international and national teams, with their own style and music and their floor exercises. The International Sportshow is a session of gymnastics without winners and medalls, but with a great number of didactic displays.

031 Friday, 26.11.2010 16:00 Evening Show Telde

Gymnastics is international, but still each country has its own specific gymnastics culture. The programme of the Evening Sports-Show in Telde includes the elements that provide a stage for the gymnastics culture of foreign countries. The show will present a number of attractive exercises containing elements of gymnastics, dancing, acrobatics, aerobics and folklore.

032 Friday, 26.11.2010 17:00 Evening Show Ingenio

Now belongs this historical village to the gymnastics program of the 50th International Sportfestival „BLUME – GRAN CANARIA“extending the gymnastics atmosphere through the island.

033 Friday, 26.11.2010 18:00 Evening Show Las Palmas

To demonstrate the imagination, versatility, and creativity of the groups participating in this International Sportsfestival "BLUME - GRAN CANARIA", the groups will present a selection from the range of exercises involved at a festive evening show.

034 Saturday, 27.11.2010 10:30 Matinee Las Palmas

The Organisational Committee "BLUME - GRAN CANARIA" commission select international and Spanish groups from the instructional and display performances for the Matinee in Las Palmas. These groups shall get the opportunity of presenting a "shortened version" of their performance to the public.

035 Saturday, 27.11.2010 16:00 Evening Show "Manolo Ortega", Arucas

Glimpses of the regular weekly gymnastics exercises, specially created presentations and initiatives will present in Arucas a colourful image of the gymnastics clubs, producing initiatives to be performed.

036 Saturday, 27.11.2010 16:00 Closing Ceremony Las Palmas

After 10 days full with sports activities the closing ceremony of the 50th International Sportsfestival "BLUME - GRAN CANARIA" include a show of international character, where all the participating nations will participate.

6. BLUME-GRAN CANARIA Sportsfestival-Tours

Have you notice that the isle of Gran Canaria not only shows bananas, tomatoes, the beach of Playa del Ingles or the highway from the airport to Maspalomas - but also pine-forest, beautiful mountains, valleys and lakes, too? **Get on and let's go!**

881 Isle-Tour

We start in the westcoast of the Isle, so that we can look the vibrant metropolis of the island, LAS PALMAS. After that comes the Contrast: wide, green bananaplantations and small, white houses build on the rocks inside the sea. Afterward we go through the second highest bridge of Spain (128 m) and visit at the westcoast the highest steel coast rocks of the island. The North transform slowly into the South arriving the village San Nicolas, where the wellknown mineral rocks are situated in Veneguera. From „little Venice“ at the harbour of Puerto de Mogan visiting the yachting harbour of Puerto Rico we arrive again at Maspalomas where the lighthouse will welcome us.

882 Panorama-Tour

A real treat for each mountains- and nature fan, because the tour leads us through the nicest lake- and mountains landscape of Gran Canaria. The tour goes through the central part of the island and we visit the highest points, for example the „Pico de las Nieves“ (altitude:1.949 m), the volcanic zone of Roque Bentaiga and Roque Nublo.

883 Guanchen-Tour

Our first destination is Fataga, a typical village of Gran Canaria enclosed in fruit-trees. Afterwards we visit San Bartolome de Tirajana, the administrative capital of the touristical metropolis surrounded by high mountains. The next destination leads us to a green sea of palms called Santa Lucia and wellknown for their fruitliqueur. After Agüimes, one of the oldest sites of the island, we arrive the caves of Guayadeque. In the calm of the deep canyon are located the caves where the aborigines, „Guanches“, of Gran Canaria lived.

884 Las Palmas

The capital of the island with 400.000 inhabitants offers a lot of sight-seeing in a closed area. We begin with the great Atlantic port of Las Palmas, „Puerto de la Luz“. The little castle de la Luz was the first defence against pirates and build in the old Spanish stile of the 15th century. Afterwards we visit the old town of Las Palmas, Vegueta, including the cathedral Santa Ana and the pedestrian and shopping Centre, Triana, where we will stop for a short shopping walk. The great beach of Las Palmas, Canteras, will be our next stop where we will recognise the colourful life of the city.

885 Aiport Transfer (airport – accommodation – airport)

Price-table 800 Sportsfestival Tours (per Person)	Code	Day	Departure	Group 6 - 10	Group 11 - 30	Group 31 -55
Island Tour	881	daily	09.00	22 €	15 €	12 €
Panorama Tour	882	daily	09.00	18 €	12 €	10 €
Guanchen Tour	883	daily	09.00	18 €	12 €	10 €
Las Palmas city	884	daily	09.00	15 €	11 €	9 €
Airport Transfer (one way)	885	daily	(one direction)	10 €	8 €	6 €

Individuals & groups less than 6 persons can take a taxi (approx. 32 €) or the airport bus Global No. 66 (approx. 4 €), which starts at 7:20 and ends at 22:20 hours. The airport bus Global stops at Hotel Beverly Park as well as Hotel Lucana (bus stop Hotel Escorial approx. 200 m to Plaza del Sol 4).

Blume Gran Canaria

Information for M 3

Code	Art der Vorführung	Code	Art der Vorführung
101	Artistic Men Gvnmastics	111	Aerobic. Step-Aerobic
102	Artistic Women Gymnastics	112	Rope Skipping
103	Rythmical Sportsqvmnastics	13	Folklore
104	Trampoline	114	Gvnmastics with pairs
105	Minitramp	115	Gvnmastics for child
106	Double Minitramp	116	Humoristical Gvnmastics
107	Tumbling	117	Aesthetic Gvnmastics
108	Team Gymnastics	118	Rock´n Roll
109	Gvnmastics + Dance	119	Jazz Gvnmastics
110	Acrobatics	120	Others
Code	Gym-Apparatus	Code	Gym-Apparatus
501	Gvm mats 12 x 2 x 0.03 m	508	Double Minitramp
502	Gvm mats 3 x 0.3 x 2 m	509	Vaulting Box 1 x 0.4 x 1.3 m
503	Gvm mats 1 x 1.20 x 0.05 m	510	Reuther
504	Gvm area 12 x 12 m	511	
505	Gvm area RSG 12 x 12 m	512	
506	Judo area 12 x 12 m	513	
507	Minitramp	514	

Example for M3 Performances

		Gvym-Show- Nr.		
1. Performance		023		
Gym-Show Nr.		033		
(fill the choosen Gym-Show-Nr !)		040		
Title	Samantha Gym-Show			
How many parts have the performance?	3			
Performance parts	Performance (100)	Min		
Marching in		1		
Part 1	1	0	9	3
Part 2	1	0	7	2
Part 3	1	0	6	3
Marching out		0		
Total time		9		
Total time maximal 10 minutes!				

Do you need to install apparatus?				yes			
If yes, how long?				1 min			
List of requested apparatus							
Code (500)		Number		Code (500)		Number	
5	0	1	2				
5	0	2	3				
5	0	3	6				
5	0	9	1				
The performance includes any stops or changes of clothes?						no	
Title of music				Rocky Horror Picture			

CD		MD		other	
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M4 Inscription Form Workshops for IGF 50+

The participants have the opportunity to participate during the Sportsfestival BLUME in fitness oriented and other activities. The workshops will be in the morning from 09:00 – 10:30 and from 11:00-12:30 in the sports area of San Fernando.

The Festival Transport, which is included in the participation fee, will transfer the participants from the accommodations to the sports area of San Fernando and return. Please by the inscription of your group, consider the approx. Number of participants in your opted workshops.

Please send the form M4 per mail or post to Bärbel Schöttler; Brunnenbachsweg 7; D-38700 Braunlage/Harz oder schoettler.braunlage@t-online.de, Tel + Fax: 00 49 5532 1280

Pos.	Name of participants Teilnehmenden	Age
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

