



NSWCAI SOLO/DUO COMPETITION 2025 FACT SHEET

NSWCAI extends an invitation to all interested Calisthenic Members to enter our annual State Solo Competition to be held at The Pavilion Performing Arts Centre, Sutherland on Saturday 3rd and Sunday 4th May 2025. Entries are via www.comps-online.com.au only. Once payment has been processed, a confirmation email will be sent*.

Please read the information provided below to be fully aware of all terms and conditions of entry:

VENUE

Venue: The Pavilion Performing Arts Centre, 30 Eaton Street, Sutherland

Transport: **Driving** – Street parking is available near the venue however please be aware this parking is timed and varies between 1- 2 hours max in particular on Saturday. You can drop off then park in all day parking on the other side of railway station.

Train – Sutherland Station is a 5 minute walk.

Accommodation – There are motels available at Engadine, Sutherland and Sylvania all of which would be between a 5-15 minute drive.

Facilities: There are cafes and supermarkets within walking distance of the theatre.

ENTRIES

Entry Details: Entries are due by **Saturday 1st March 2025**

**Entries are capped if we have reached capacity your entry may be refunded. Entries may also close before the closing date if capacity is reached we recommend registering as soon as possible*

To enter please register online at www.comps-online.com.au

Entries are not accepted until payment has been received. Payment is to be made via Paypal or credit card by following the links provided.

Rules: **ACF/NSW Rules and NSW Minimum Skill Requirements are available on the entry website. These must be viewed before entering.** If you enter and have the incorrect skill level your entry will be refunded less a \$15 administration fee



Entry Fees: Entries fees for 2025 are as follows:

\$70.00 per competitor for solo and graceful items

\$100.00 per Duo item**

***Note only one entry is required per duo – competitors should coordinate as to who will be responsible for submitting entry form and making payment*

Divisions: We are continuing to offer grades/divisions for all age groups (dependent on entry number in each section)

Competitors will be entered into sections based on their previous NSWCAI Competition results, and their state grading. The divisions for 2025 Competition will be “A” and “B”. The NSWCAI Competition Committee will determine the grading, and their decision is final. Please see website for guidelines.

NSWCAI needs a minimum of 2 competitors in a section to run a competition. If we get a single entry for any section, that competitor will be contacted.

TECHNICAL INFORMATION

Lighting/Music – Please don’t send anything yet, we will call for these at a later date

Staging: The performance area is attached to the back of this document, There will be only one door for entry and exit to the dressing rooms.

Music: This year we are trailing no timers. We request all music files are loaded in accordance within the following timing limits:

| Age Group | ACF Time Limit | NSW Music Time Limit for Files |
|---------------|----------------|--------------------------------|
| Tinies | 1.30 - 2.30 | 1.30 - 2.45 |
| Sub Juniors | 1.30 - 2.30 | 1.30 - 2.45 |
| Juniors | 2.00 - 3.00 | 2.00 - 3.15 |
| Intermediates | 2.30 - 3.30 | 2.30 - 3.45 |
| Seniors | 2.30 - 3.30 | 2.30 - 3.45 |
| Masters | 2.30 - 3.30 | 2.30 - 3.45 |

Music not loaded with this correct timing will be rejected.

Coaches need to upload music to the assigned dropbox folder, information will be sent once entries close.



Lighting:

Coaches are advised that there is no front or back curtain available. Instead there is a permanent white Cyclorama across the back of the stage. Competitors will need to start at centre back stage in a blackout if back curtain entry is normally used.

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We are very excited to offer more lighting at this venue. Lighting sheets will be loaded to dropboxes once entries close. Lighting available will be colour washes, front of stage lit, centre of stage lit, black out. DLP are also on offer this year.

Critiques:

NSWCAI will again be using voice critiques, these will be available to your dropbox folder within 72 hours of competition completion.

Video/Photos:

Performance videos will be included with all entries, a dropbox link will be sent to the email address that was used in the entry process.

There will be no stage photography at this competition. Parents and coaches are welcome to take photos at the designated Photo Wall areas.

Dressing Rooms:

There are multiple dressing rooms available at this venue each has their own bathroom and screen to view the competition. For this reason there will be no runner but competitors will need to listen to announcements that will be made to the dressing rooms for competitor numbers. Dressing Rooms will be assigned to clubs and there will be a large warm up space for all competitors to use. Shoes are recommended to be worn when moving around the back stage area, so please pack thongs, slides or slippers to wear between the dressing room and the stage.

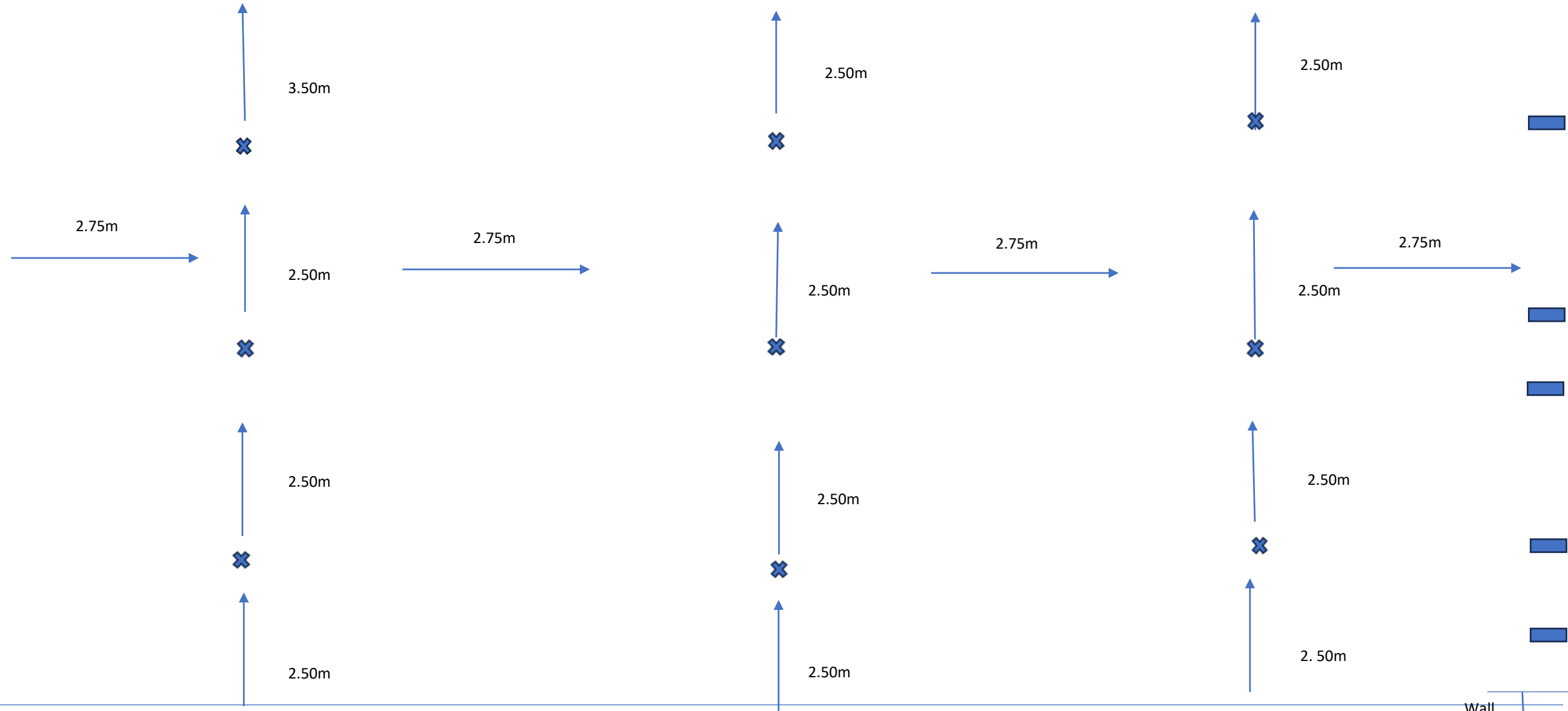
AUDIENCE

NSWCAI is pleased to announce this event is ticket less with no charge to audience members, please bring as many supporters as possible!


Audience members when attending will be asked to keep their movement to a minimum where possible.

Looking forward to a great competition and we thank you for your continued support!

CYCLORAMA



FRONT OF STAGE

 = Approx Wings, same on both sides of stage