

CIAU Gymnastics Championships on tap this weekend

The third annual Canadian Intercollegiate Athletic Union Gymnastics Championships are scheduled for the University of Alberta Friday and Saturday.

Athletes from universities across Canada will compete for the men's conference and individual titles and women's university and individual championships.

The meet opens Friday at 2 p.m.

Greet the Bears

Nothing to do on Sunday? Well, even if you have, cancel your plans and hop on the bandwagon. Be among the joyous multitudes to welcome the Bears back from Charlottetown.

The welcoming committee has arranged for buses and cars to be at SUB at 7:45 p.m. to take you out to the International Airport to greet the hockey Bruins. The trip is free, and the cheerleaders and band will be there. The welcome is on whether the Bears win, lose or draw, and the plane gets in at 8:45.

So bring banners, signs, anything and BE THERE.

with the floor exercise, pommel horse, still rings for men and side horse vault and uneven parallel bars competition in the women's division. The second rotation is scheduled for 7 p.m. Friday with competition in the long horse vault, parallel bars, horizontal bar, balance beam and floor exercise.

The meet concludes with finals in all events scheduled to begin at 1 p.m. Saturday. The finals will be televised by the Canadian Broadcasting Corporation live and in color. All competition will be in the Main Gymnasium, Physical Education Building.

Admission is \$1.50 for adults, \$1 for students, and 50 cents for children. Tickets can be used for the whole meet.

The University of Alberta men's team won the 1969 university title but this year a conference champion will be declared in men's competition. Teams from five conferences are entered. The women's team will, however, still compete for the University Championships, which was won by the University of British Columbia in 1969.

Rick Danielson of the University of Alberta won the men's all-around title last year prior to his graduation. Sandra Hartley, who won the floor exercise, balance beam and side

horse vault and the women's all-around championships a year ago, will be back to defend her titles this year.

Two members of the Golden Bear mens team—Don Meikle and Paul Cooper—will compete for the Western Canadian Intercollegiate Athletic Association. Meikle was a member of the Bears' championship team a year ago when he won the pommel horse competition. He's completing his master's degree in physical education.

Cooper was also a member of the Bears' 1969 team and placed tenth in the individual standings.

Members of the U of A women's team include Kerry Louw, Lynda Read, Nancy Young, Jean Toupin, and Maureen Empson. Coach of the women's team is Maureen Quigg.

Winners of the individual championships at the weekend meet will represent Canada at the Second World Student Games scheduled for Turin, Italy, in August of this year.

The meet director is Francis Tally and chairman of the judges' committee is Geoff Elliott. Both are staff members of the Faculty of Physical Education, University of Alberta.

WHAT TO WATCH FOR

Floor exercise

The floor exercise must form an

harmonious and rhythmic whole, through alternating elements involving suppleness and strength, hold and balance, with shifts in different directions, kips, jumps and handstands.

Pommel horse

Exclusively swinging movements with no stop, passes of one and both legs, scissors forward and rearward at least one of which must be double. Circles of both legs must predominate in the exercise, and the three parts of the horse must be used.

Still rings

Combined movements of swinging, strength, and holds (static parts), without swaying of the rings. The exercise must include at least two handstands, of which one must be through strength, and the other in a swing from a hanging position, or an inverted hang, or a half-inverted hang. In addition, it must include at least one hold of pronounced difficulty, such as the free front horizontal support, the cross, the inverted cross or others.

Long horse vaulting

Height of vault and controlled landing.

Parallel bars

Swing, flight, strength and holds (static parts). The swing and flight phases should predominate. The exercise must contain at least one part involving strength and one component executed over or under the hand-grip by simultaneous release of grips.

Horizontal bar

Exclusively swinging movements with no stop, offering a combination of giant turns with other variations or high value connecting movements.

Side horse vaulting

Height, gracefulness and controlled landing.

Uneven bars

Exercises involving rotation around one bar and transfer from one bar to the other must predominate, emphasizing continuous movement and smooth transitions.

Balance beam

The exercise must include sitting and lying positions, steps, running, jumping, turns and some held positions, without in any way allowing these latter to predominate over the other movements. The exercise should be executed with sweep, supple elegance, and expressiveness.

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