



PRINCE GEORGE



GYMNASTICS

Invitational 2025



February 22nd & 23rd





We are happy to support the Prince George Gymnastics Club.

Dr. Janis Schwab is accepting new patients.

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Welcome to Prince George Gymnastics 2025 Invitational.



As I watch the local athletes in training I am always amazed at the time and effort it takes to practice singular skills that become part of a larger routine. With all the prior hard work behind them they get to compete these routines at competitions and do the best they can do on that day. Competitions can end in happy or sad tears, but that hard work and effort expended is a benefit in the long run wherever that takes them. That is what I think about every time I get the pleasure of seeing a gymnastics competition.



So, I would like to thank all the coaches, club staff, volunteers, sponsors and parents who help make the 2025 PG Gymnastics competition possible so we all can admire and cheer on the athletes competing this weekend.

Good Luck to all the athletes and have fun!

Lauren Hawkes
President, Prince George Gymnastics Club

President's Message





Welcome everyone to the 2025 Prince George Invitational and High School Gymnastics North Central Zone Championships. We are so thrilled to be hosting over 300 athletes this year between the two events. A big Prince George welcome to all athletes, coaches, judges, and spectators.



Due to the fantastic organization and leadership of our Meet Director, Alexis Ruffel-Brewer, and the large help from her assistant, and past Meet Director, Vicki Lynn Bobbie, you are certainly in for a great weekend of gymnastics. Thank you so much ladies for all your time and effort to make this event such a success.

A special shout out to all of our volunteers as well, the event would not be possible without each and every one of you.

I wish all the athletes "Good luck", and a safe weekend, I hope you all leave the gym with a big smile and feeling proud of your performance.

High five from all of us here at the Prince George Club, we hope to see you all back next year.

Jodie Hinks
 Head Coach/General Manager

Head Coach's Message

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Schedule

Saturday, February 22nd

Time	Events
Session 1	
9:00 a.m.–9 :30 a.m.	Warm-up and March In
9:30 a.m.–11:30 p.m.	CCP 1 (19), CCP 2 (24)
11:30 p.m.–12:00 p.m.	Awards (separate building)

Session 2

12:00 p.m.–12:30 p.m.	Warm-up and March In
12:30 p.m.–2:30 p.m.	CCP 3 (26): 2011-14 (11); 2015 (8); 2016-17 (7) CCP 4 (8)
2:30 p.m.–3:00 p.m.	Awards (separate building)

Session 3

3:00 p.m.–3:30 p.m.	Warm-up and March In
3:30 p.m.–5:30 p.m.	Bronze (50): 2011-13 (Jan.-Apr.) (10) 2013 (May-Dec.) & 2014 (Jan.-Apr.) (10) 2014 (May-Dec.) & 2015 (Jan.-Apr.) (10) 2015 (May-Dec.) & 2016 (Jan.-Jun.) (10) 2016 (Jul.- Dec.) & 2017-18 (10)
5:30 p.m.–6:00 p.m.	Awards

Session 4

6:00 p.m.–6:30 p.m.	Warm-up and March In
6:30 p.m.–8:30 p.m.	CCP 6 (10), CCP 7 (10), CCP 8 (3), CCP 9 (1)
8:30 p.m.–9:00 p.m.	Awards (separate building)

Schedule

Sunday, February 23rd

Time	Events
Session 5	
9:00 a.m.–9:30 a.m.	Warm-up and March In
9:30 a.m.–11:30 a.m.	Silver (37): 2009-12 (Jan.-Feb.) (10) 2012 (Mar.-Dec.) & 2013 (Jan.-Mar.) (10) 2013 (Apr.-Dec.) & 2014 (Jan.-Feb.) (10) 2014 (Mar.-Dec.) & 2015 (7)
11:30 a.m.–12:00 p.m.	Awards (separate building)

Session 6

12:00 p.m.–12:30 p.m.	Warm-up and March In
12:30 p.m.–3:00 p.m.	Gold (46): 2007-08 (9) 2009-10 (Jan.-Oct.) (10) 2010 (Nov.-Dec.) & 2011 (Jan.-Oct.) (10) 2011 (Nov.-Dec.) & 2012 (Jan.-May) (9) 2012 (Jun.-Dec.) & 2013-14 (8) Platinum (9), Diamond (2)
3:00 p.m.–3:30 p.m.	Awards (separate building)

Awards location: Kin Centre Lounge





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Clubs and Coaches

Cariboo Chilcotin	Ariana Dyck, Annie Glanville, Ava Johnson, Peggy Willcox
Milezero Academy	Gracie Calland, Brittany Cline
North Peace	Mimi Lessard, Samantha Thomas, Jason Wilson
Prince George	Maizie Bernard, Madison Boomhower, Carol Garcia, Rita Hacker, Marissa McCarville, Kaity Muir, Emma Movold, Aly Muir, Becky Parlee, Jenn Watt, Kaylee Watt
Ouesnel Technics	Erin Hipkiss, Daniil Moseev, Taylor O'Flynn

Judges

PG Invitational	Maizie Bernard, Vicki Lynn Bobbie, Jennifer Dober, Carol Garcia, Erin Hipkiss, Colleen Kaminski, Lauren Keen, Jade Kotzer, Lisa Laundry, Jennifer Watt, Alia Wilson
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TO BOOK!

Canadian Competitive Program (CCP)

Gymnastics BC adopted the USAG Development Program (formerly known as the JO program) in 2014, Gymnastics Canada adopted the USAG Development Program created in the USA for use in the Provinces and Territories in July 2015. The USAG Development Program was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnasts to advance at their own pace, competing in more than one level in a year, if they so choose. The USAG Development Program is called Canadian Competitive Program (CCP) in Canada. In 2020, BC partially adopted the USAG Xcel program to bridge the gap between the BC Interclub and BC CCP Programs.

The CCP program is divided in three major segments:

Learn the basics: Levels 1 to 3

These are compulsory routines with set choreography and music. They allow gymnasts to develop good and strong basics and can be used as a club non-competitive and achievement-oriented program or as an introduction to competition.

Compulsories: Levels 4 and 5

These continue to use compulsory routines and choreography. Both of these levels are progressive in nature, building upon the skills required at the previous level.

Optional: Levels 6 to 10

These are competitive programs using optional routines. These levels have difficulty restrictions. Composition, including artistry is evaluated in Levels 8 and 9.

Women's Artistic Gymnastics (WAG) Events

Vault: The vault should have both height and distance, as well as good form from the springboard through to the landing. Competitors vault twice and the best score is counted.

Uneven Bars: The routine should be continuous, with movements flowing one into another. Swinging movements, in sequence, take the gymnast under and over the bars in both directions. Positions of support, standing or sitting should be momentary. A fall is an automatic deduction of 0.80 points, with 30 seconds to remount.

Balance Beam: The 16 ft long, 4" wide balance beam requires great concentration and discipline from the athlete. The composition of the routine should include combinations of turns, jumps, steps and leaps, tumbling, and dance. One element close to the beam is required. The routine must be between 70 and 90 seconds. A fall is an automatic 0.50 points, with 30 seconds to remount.

Floor Exercise: Dance and tumbling ability, combined with the creativity and personality of the athlete, make floor one of the most popular of the gymnastics events. Performed to music, the routine must use the entire 40ft x 40ft floor area in the 70 – 90 second time limit.

WAG

Cariboo Chilcotin

107	Harper	Barclay
108	Ruth	Cheung
105	Alia	Foote
106	Emberly	LaMarche
100	Hattie	Reid
102	Rorie	Sasges
101	Mila	Zurak

CCP Level 1

Quesnel Technics

114	Garcia	Bailey
112	Isla	O'Hanley
110	Olive	Plunkett
113	Payton	Stent
111	Nora	Tobin
109	Briella	Tomassetti

Milezero

103	Emersyn	Currie
115	Madison	Currie
116	Amy	Desmarais
118	Avery	Maclsaac
104	Piper	Ness
117	Korbyn	Pepler



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PG Gymnastics Invitational

WAG			CCP Level 2		
Cariboo Chilcotin			Prince George		
223	Sydney	Buckland	218	Everly	Ewing
209	Scarlett	Button	219	Ava	Goeson
203	Aria	Feddema	220	Aria	Roberge
200	Gabriella	Fichtner	204	Macy	Saunders
207	Ellery	Hengstler	221	Blaire	Swanson
208	Madiynn	Taylor	205	Anika	Warkentin

Milezero			Quesnel Technics		
224	Everlee	Funk	211	Rori	Bodnar
214	Cloe	Johnstone	201	Henley	Federiko
213	Juno	Moxon	202	Brielle	Waldriff
216	Olive	Ness	210	Indiana	Weber
212	Alivia	Neumann			
217	Olivia	Thede			
215	Aria	Wiebe			

WAG CCP Level 3

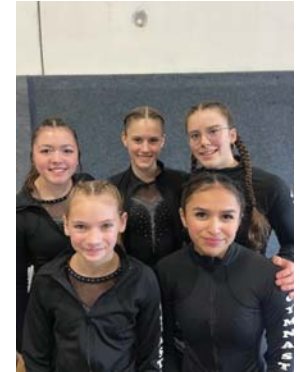
Cariboo Chilcotin			Milezero		
307	Ava	Bremner	319	Eva	Govenlock
308	Charli	Fofonoff	318	Harper	Hingley
309	Mya	Franklin	320	Emily	Thede
301	Emilia	Hannas	Continued on next page		
310	Kamrynne	McLennan			
302	Ava	Meyers			



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PG Gymnastics Invitational

WAG			cont'd CCP Level 3		
Prince George			Quesnel Technics		
322	Emersynn	Barnard	317	Jovi	Backer
314	Israel	Berry	304	Kinsley	Grant
311	Melanie	Brand	300	Rhya	Jameson
324	Bo	Buskermolen	306	Emma	Schile
315	Chloe	Fuchs			
326	Kali	Kiland			
305	Aubree	Marsolais			
321	Stella	McCall			
312	Kaitlin	Schwab			
313	Brynlee	Spencer			
327	Brielle	Van Den Berg			
325	Layla	Wall			
316	Piper	Warn			



PG Gymnastics Invitational					
WAG			CCP Level 4		
Prince George			Quesnel Technics		
407	Paisley	Bergeron	401	Mia	Lacy
406	Kinley	King	402	Isabella	Murray
403	Kendall	McLeish	400	Xaidie	Novak
405	Whitney	Nagasaka			
408	Aleka	Pettigrew			

PG Gymnastics Invitational					
WAG			CCP Level 6		
Prince George			Prince George		
603	Ava	Baldinger	609	Nevaeh	Ruffell Giles
605	Emma	Baldinger	600	Mackenzey	Schmidt
604	Hannah	Baldinger	601	Holly	Wium
607	Bennett	Buskermolen			
608	Olivia	Guerin	Quesnel Technics		
602	Mariah	Phang	606	Addison	Strang

WAG						CCP Level 7	
Milezero				Prince George			
707	Delainey	Kassen		700	Kairi	Reiffarth	
709	Marissa	Kuenzl		701	Sophia	Schwab	
708	Sawyer	Raaen					
				Quesnel Technics			
				703	Freya	Cormack	
				705	Sayla	Forman	
				704	Kamryn	Grant	



PG Gymnastics Invitational					
WAG			CCP Level 8		
Milezero			Prince George		
802	Aylah	Clavier	800	Alencia	Graham
801	Bryn	Willms			

WAG					
CCP Level 9					
Prince George					
900	Marissa	Hawkes			

WAG Score Sheet						
No.	Name	Vault	Bars	Beam	Floor	All Around



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PG Gymnastics Invitational

Men's Artistic Gymnastics (MAG) Program

Gymnastics BC (GBC) offers competitive programs for men's artistic gymnastics from grassroots to high performance. In the following chart, ages have been indicated so that the table does not have to be redone every year.

Level	PROVINCIAL					NATIONAL		
	1	2	3	4	5	Open	Elite	
Program	Compulsory Program		Optional Program			Optional Program	Compulsory (Elite 3+4) and Optional (Elite 4, Junior + Senior) Program	
Age Group	Open to all ages (in BC the minimum age is 7)		13 +	13 +		15 +	Senior - 21 + Next Gen Senior 18 - 20	
		10 - 12			13 - 17		Junior	16 - 18 14 - 15
		Under 10 (in BC the minimum age is 8)	Under 13	Under 13			Elite 4	12 - 14
							Elite 3	10 - 12

All athletes' ages are based on the year of competition and their birth year (i.e.: In 2021 an athlete born in 2011 is considered 10 all year because they turn 10 in 2021). See each separate program's age category chart. GBC may merge categories if the number of registered participants is insufficient.

Men's Artistic Gymnastics (MAG) Events

Floor Exercise: The floor exercise includes a variety of tumbling, turns, acrobatics, balances, and momentary pauses. The sequences should be original and reveal the strength, agility, control and personality of the athlete, all with correct form and execution. Unlike the women, the men's floor exercise is not performed to music.

Pommel Horse: Swings, scissors, circles, and flairs, both forward and backward compose a routine on the pommel horse. The routine should be continuous and use all three sections of the horse, both on and off the pommels. Lower levels are allowed the use of the mushroom in their routines.

Still Rings: A routine on the rings will vary between strength elements, hold parts, and swinging movements, all without swinging the rings. A high, clean, controlled dismount finishes the routine.

Vault: The men's vault is judged on form, execution, height, distance, and control, all based on the difficulty of the vault performed. The men perform only one vault.

Parallel Bars: The routine consists of swinging, flight and strength elements. Form and execution must be maintained throughout while displaying strength and control.

Horizontal (High) Bar: Swings, circles, "in bar" elements, release moves, and a high-flying dismount make up a spectacular performance. As in every event, control of form and execution are a must.

MAG **Level 1**

Prince George

51	Bodhi	Jewett-White
50	Colton	McLachlan
52	Gabriel	O'Brien

MAG **Level 3**

Prince George

60	Nolan	Hawkes
61	Owen	Schwab

MAG **Level 4**

Prince George

70	Therin	Morgan
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MAG Score Sheet

No.:		Name:				
Floor	Pommel	Rings	Vault	Parallel	High	All Around

No.:		Name:				
Floor	Pommel	Rings	Vault	Parallel	High	All Around

No.:		Name:				
Floor	Pommel	Rings	Vault	Parallel	High	All Around

No.:		Name:				
Floor	Pommel	Rings	Vault	Parallel	High	All Around

Interclub

Interclub is for athletes at an advanced recreational level who are wanting to experience the benefits that come along with being a competitive gymnast. Athletes may perform on any gymnastics apparatus: traditional men's (MAG) and women's (WAG) artistic gymnastics apparatus, as well as trampoline, double mini-trampoline or tumbling (TG) for both men and women.

There are three categories:

Performance: Athletes (MAG & WAG) will receive a certificate listing the apparatus they performed and positive comments from each adjudicator. They will also receive a participation ribbon or medal.

Performance Plus (MAG, WAG, TG) and Performance Challenge (WAG): Athletes will receive a certificate indicating their scores (instead of comments) and the appropriate ribbons for each apparatus (gold, silver, bronze). Each participant will also receive a participation ribbon or medal.

WAG: Performance Plus

North Peace			North Peace		
1011	Maya	Aghdasi	1002	Lilly	Kilpatrick
1006	Ariana	Braun	1010	Jordyn	Peterson
1005	Kristina	Brigden	1001	Elizabeth	Scott
1009	Izabel	Cooper			
1012	Paaton	Cooper			
1003	Paisley	Cunningham			
1012	Braelyn	Feenstra			
1007	Ariel	Johnson			
1008	Penny	Johnson			

Quesnel Technics

1004	Emma	Charbonneau
1000	Auria	Peters
1014	Anna-Lynn	Thompson

MAG: Performance

North Peace			Prince George		
81	Theoren (TJ)	Allan	82	Matthew	Schwab
80	Jaeger	Wright	91	Connor	Sideen
			92	Sean	Strachan
			90	Levi	Vaillancourt

PG Gymnastics Invitational						
Interclub Score Sheet						
No.	Name	Vault	Bars	Beam	Floor	All Around

PG Gymnastics Invitational					
WAG: Xcel			cont'd Bronze		
Milezero			North Peace		
2044	Charlie	Boisclair	2013	Jasmine	Allan
2045	Brayla	Braun	2004	Courtney	Andres
2046	Kate	Doeleman	2017	Presley	Antoniak
			2015	Lennon	Clements
			2047	Hadley	Collington

Continued on next page

WAG: Xcel				Bronze	
Cariboo Chilcotin		Cariboo Chilcotin		Cariboo Chilcotin	
2030	Charlotte	Clay	2031	Morgyn	Sache
2033	Abigail	Gordon	2050	Presleigh	Schwartz
2019	Callia	Pook	2032	Elsie	Scott
2029	Brooklynn	Rion			

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PG Gymnastics Invitational

WAG: Xcel cont'd Bronze

North Peace			Prince George		
2010	Avery	Craven	2037	Jensen	Barclay
2011	Charlie	Fraser	2039	Matilda	Bouillon
2002	Addison	Huth	2038	Lexi	Bristowe
2022	Maele	Lagace	2028	Hailey	Dyck
2016	Olivia	Lingel	2036	Emily	Fisher
2012	Hope	Long	2035	Aurora	Knudsen
2003	Brielle	MacDougall	2023	Brynn	Kovacevic
2049	Ashlyn	MacGillivray	2034	Aubree	Leischner
2009	Adrianna	McKenzie	2024	Emily	Quinn
2000	Ophelia	Millions	2025	Ahveen	Sani
2018	Brianna	Moore	2040	Zoey	Taylor
2014	Kaley	Moore	2026	Katie	Therrien
2005	Charlie	Orcutt	2027	Kate	Thorne
2006	Elliottte	Orcutt			
Quesnel Technics					
2021	Skyler	Romamin	2043	Kayleigh	Atkinson
2008	Adria	Shields	2042	Avery	Diggins
2048	Vivianna	Taylor	2041	Kiki	Popoola
2020	lyla	Teeter	2001	Alexis	Smith
			2007	Kenzie	Wheeler

PG Gymnastics Invitational

WAG: Xcel Silver

Cariboo Chilcotin			Cariboo Chilcotin		
2431	Ashlynn	Gibson	2405	Brooklyn	Page
2401	Tenley	Glanville	2403	Ariah	Reid
2421	Amelia	Ketter	2404	Makita	Villeneuve
2420	Aleighta	Leclerc	2409	Brooke	Williston
2419	Amira	Magnusson	Continued on next page		

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PG Gymnastics Invitational

WAG: Xcel **cont'd Silver**

North Peace			Prince George		
2415	Morgan	Andres	2436	Ellie	Livingstone
2410	Brooklyn	Antoniak-Boehm	2426	Kayliana	Marcotte
2407	Alexis	Cavers	2402	Kristen	McLachlan
2411	Rhenly	Dodge	2427	Makayla	Meyer
2406	Kadence	Franklin	2434	Madeline	Milne
2412	Brooklynn	Fraser	2430	Cayla	Nolli
2408	Kendal	Huth	2425	Livia	Pahal
2413	Lexi	MacDougall	2418	Claira	Stevens
2424	Nora	Ostero			
2428	Olive	Shishido			

Prince George

2429	Amelia	Amos
2416	Abigail	Elias
2417	Leighton	Goldie
2435	Sydney	Hamel

Quesnel Technics

2423	Emily	Davis
2433	Lily	Doyle
2422	Juliet	Howe
2400	Ava	Petersen
2414	Sarah	Singer
2432	Lilly	Voth

WAG: Xcel **Gold**

Cariboo Chilcotin **Milezero**

2204	Brooklinn	Kozenko	2243	Sierra	Bassett
2242	Emily	Nadeau	2244	Blake	Clavier
2217	Lauren	Pinette			

Continued on next page

PG Gymnastics Invitational

WAG: Xcel **cont'd Gold**

North Peace			Prince George		
2218	Natalia	Carroll	2201	Heidi	Bernard
2219	Sophia	MacDougall	2209	Kaylyn	Brandner
2206	Cordelia	Millions	2245	Madelyn	Collins
2205	Jasper	Wright	2215	Riley	Craft
			2230	Olivia	Dayton

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A special thank-you to
Keith Anderson

for your support of
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Special Thanks!

Thank-you to all of our partners and volunteers who have helped to make this meet possible.

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Thank-you

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