



INVITATION

TEAMGYM NORDIC CHAMPIONSHIPS 2025

Espoon Telinetaiturit and the Finnish Gymnastics Federation welcome you to the Nordic TeamGym Championships in Espoo, November 6th-9th 2025.

CONTACT INFORMATION

Espoon Telinetaiturit
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Finnish Gymnastics Federation
Sonia Solismaa

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DEADLINES

7 th of May	Provisional registration closes
7 th of September	Definitive registration closes
10 th of October	Workplan
17 th of October	Nominative registration closes

ORGANISING COMMITTEE

This event is organised by the local club Espoon Telinetaiturit.

REGISTRATION FOR THE COMPETITION

Please complete this form for the Provisional Registration no later than 7th of May 2025.

<https://q.surveypal.com/TeamGym-Nordic-Championships---Provisional-registration>



DATES AND PRELIMINARY SCHEDULE

Thursday 6th of November:

	Arrival
18:00-22:00	Meeting of the Nordic Technical Committee TeamGym (NTC-TG) (available online as well)

Friday 7th of November:

	Arrival and accreditation
14:00-19:00	Training for the teams
20:00	Information meeting for head of delegation, coaches and judges
20:30	Judges meeting (if necessary)

Saturday 8th of November:

- Opening ceremony
- Judges' meetings
- Competitions
- Award ceremonies
- Banquet

Sunday 9th of November:

- Departure

VENUE

Espoo Metro Areena
Tapiolan Monitoimiareena Oy
Urheilupuistontie 3, 02200 ESPOO



The training and competition arena is situated in Espoo, Tapiola, a 7-minute walk from the metro station. The hotels will be located in the Tapiola and Otaniemi area and within a 2–5 km radius around the arena. The journey from the hotels to the competition arena is about 6 minutes by metro.

APPARATUS

We will provide competition equipment according to the Nordic TeamGym Championships Technical Regulations. The competition equipment will be delivered from Unisport.

Floor: 16 x 14 m (light blue)

Tumbling: Unisport “Reykjavik”

Trampet: Dorado 32, Dorado 36, Dorado 40 & Tarpan 110–165 cm

AIRPORT INFORMATION AND TRANSPORTATION

The closest Airport is Helsinki. Transportation from Helsinki Airport to Espoo will be provided. It is also possible to arrive by boat from Stockholm to Helsinki harbour. There is a public transport connection to Espoo.



PARTICIPATION FEE

The Nordic Meeting (Helsinki March 2025) has decided a participating fee for all Nordic Championships.

The organizers are allowed to charge a participation fee:

- 350 €/ TeamGym team in accordance with the maximum size of the delegation

ACCOMMODATION

Information about accommodation and meals will be sent out in August.

NORDIC TECHNICAL COMMITTEE TEAMGYM (NTC-TG)

Denmark	Max Andersen	max@gymdanmark.dk
Finland	Janniina Väänänen	janniina.vaananen@gmail.com
Iceland	Olga Bjarnadóttir	olgabjarna@me.com
Norway	Jan Magne Cederstrøm	Jan.Cederstrom@uib.no
Sweden	Sofia Svegander	sofia.svegander@gymnastik.se

NATIONAL FEDERATIONS

Denmark	Ole Holmskov	ohh@gymdanmark.dk
Finland	Sonia Solismaa	sonia.solismaa@voimistelu.fi
Iceland	Helga Svana Ólafsdóttir	helga.svana@fimleikasamband.is
Norway	Ole Kristian Heien Storsve	OleKristianHeien.Storsve@gymogturn.no
Sweden	Janina Åhs	trupp@gymnastik.se



GENERAL DATA PROTECTION REGULATION (GDPR)

By registering for the competition, the association approves that the contact details for the association and the person responsible for the registration are processed and stored by the Finnish Gymnastics Federation and Espoon Telinetaiturit.

Purpose of processing personal data in connection with competition registration: Competition administration, federation and association administration, fee management, license administration. The storage time for your personal data varies depending on what the information is needed for. The starting point is that information should not be stored longer than necessary for the current purpose.

WELCOME!