

POST'S
GUIDE
to the
PAN AM
GAMES



GYMNASTICS (ARTISTIC)

GUIDE TO THE GAMES

BY ERIKA GILBERT, NATIONAL POST

Venue

Toronto Coliseum

Venue acronym

TCO

Landmark status

High

The facility typically known as Ricoh Coliseum, temporarily renamed for the duration of the Pan Am Games, is part of Exhibition Place, the site of the annual Canadian National Exhibition. It is a building with history, having hosted the Royal Canadian Horse Show during the annual Royal Agricultural Winter Fair since 1922. Ricoh Coliseum currently serves as the home of the Toronto

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Maple Leafs' American Hockey League affiliate, the Marlies, and is where you should go if you want to see a Toronto pro hockey team win on a consistent basis.

Other events at venue

Rhythmic gymnastics, trampoline.

Transit options

The Exhibition grounds (Pan Am Park) is served by a number of TTC buses and streetcars

- 509 Harbourfront streetcar from Union Station (Line 1 subway)
- 511 Bathurst streetcar from Bathurst Station (Line 2 subway)
- 29 Dufferin bus from Dufferin (Line 2) and Wilson (Line 1) stations
- 193 Exhibition Rocket temporary

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ary express bus from Dundas West Station (Line 2)

■ You can also take the GO Train to the Exhibition stop on the Lakeshore West line. If you must drive, be prepared to be frustrated by road (particularly Lake Shore Blvd.) and parking lot closures and Pan Am-related traffic.

For exact directions, try:

Triplinx.ca

[TTC trip planner](#)

Schedule

July 11 Men's team final

July 12 Women's team final

July 13 Men's and women's all-round

July 14-15 Men's and women's apparatus finals

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[See the full competition schedule at the Pan Am website](#)

How the sport works

Gymnasts complete routines generally around 30-90 seconds long, involving feats of strength, flexibility and co-ordination on a series of apparatus. For women: vault, uneven bars, balance beam and floor exercise. For men: floor, pommel horse, rings, vault, parallel bars and horizontal bars. There is also a team competition and all-round individual competition involving all the apparatus. Each routine is given two scores: one for difficulty, element requirements and connection value and one for execution and artistry.

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Nations competing

There are 24 countries competing. Brazil, Canada, Colombia, Cuba, Mexico and the U.S. have full squad of 10 athletes competing.

Canada's team

Women

Ellie Black, Halifax; Maegan Chant, Waterdown, Ont.; Madison Copiak, Calgary; Isabela Onyshko, Brandon, Man.; Victoria-Kayen Woo, Brossard, Que.

Men

Zachary Clay, Chilliwack, B.C.; Kevin Lytwyn, Stoney Creek, Ont.; Scott Morgan, North Vancouver; Jackson Payne, Edmonton; Hugh Smith, Dartmouth, N.S.

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Tournament format

On the first day of the event, gymnasts compete in the team event on all four (women)/six (men) apparatus and qualify for the individual all-around finals and individual event finals. There is one day of individual all-around competition, followed by two days of finals for each individual apparatus.

Results from 2011 Pan Ams

Men

Individual all-round

1. Jossimar Calvo, Colombia; 2. Jorge Hugo Giraldo; Colombia; 3. Tomas Gonzalez, Chile

Team all-round

1. Brazil 2. Puerto Rico 3. United States

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Women

Individual all-round

1. Bridgette Caquatto, U.S.; 2. Ana Sofia Gomez, Guatemala; 3. Kristina Vaculik, Canada

Team all-round

1. U.S. 2. Canada 3. Mexico

Total medals

1. United States, 18; 2. Brazil, 14; 3. Mexico, 13.

Why it's worth watching

Even the simplest of moves you'll see here would surely cause grievous bodily harm if attempted by a regular person. And these athletes will make it look easy. That seems reason enough.

Competition outlook

Women

American women have domin-

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ated the Pan Am Games, with 139 medals all-time; Canada is next at just 44. The U.S. will not be sending its best team but theirs will still be the only one with any medallists from the 2014 World Artistic Gymnastics Championships. Venezuela's Jessica Lopez Arocha and Canada's Ellie Black are Nos. 1 and 2, respectively, in the [all-round](#), according to the International Federation of Gymnastics (FIG) rankings.

Men

The United States and Brazil have shared the bulk of the medals on the men's side, historically, and are the only Pan Am countries to take home medals at the 2014 world championships. The U.S. team includes Paul Ruggeri, who won three medals in Guadalajara

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in 2011, and Donnell Whittenburg, [ranked third \(all-round\) in the world](#), according to the FIG. Canada is a distant third in the all-time Pan Am Games medal table.