

# SYNERGY

DANCE  
COMPETITION

## 2024 GUARDIAN GUIDE

MICHAEL J FOX THEATRE  
BURNABY



## VENUE LOCATION

How to get there  
Royal Oak • 8 min walk

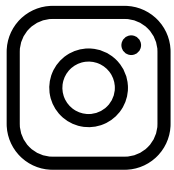


# MJ FOX THEATRE

7373 MacPherson Avenue, Burnaby

## FOLLOW US ON SOCIAL MEDIA

FREE PARKING ON SITE  
LIMITED DURING SCHOOL HOURS  
PLEASE CARPOOL



@synergydanceco



@synergy dance competition & convention



TikTok

@gdsevents

## WEBSITE



[www.synergydancecompetition.ca](http://www.synergydancecompetition.ca)



# PARKING

## AVAILABILITY

Lots of available parking on site, can be busy during school hours

## COST

Free

# LIVESTREAM



Livestream is available on the homepage of [synergydancecompetition.ca](http://synergydancecompetition.ca)

# ADMISSION

## TICKET

### REGULAR PROGRAM

#### ADULT FULL EVENT PASS

EVENT BRACELET

\$20/event or 4 non-perishable food donations to the local foodbank, please ensure they are not expired

#### ADULT DAY PASS

HAND STAMP

“free” with a Non-Perishable donation to the local foodbank -or- \$5

#### STUDENTS/SENIORS

HAND STAMP

FREE - Seniors 65yrs+ Students 18yrs & Under or University Students with valid ID

### IMPORTANT TIMES

MICRO  
MINI  
AWARDS

**SUNDAY**  
**3:00pm**

JUNIOR  
INTERMEDIATE  
AWARDS

**SUNDAY**  
**3:00pm**

TEEN  
SENIOR  
AWARDS

**SUNDAY**  
**3:00pm**

PRE-  
COMPETITIVE  
AWARDS

**SUNDAY**  
**3:15pm**

SHOWDOWN  
FINALS

**SUNDAY**  
**5:30pm**

# OVERALL AWARDS





## REGISTRATION

Dancers will REGISTER **ONCE** when they arrive to the event to pick up their Synergy Socks. They do NOT need to sign in daily or see us more than once.

## PHOTOS/VIDEOS

**PHOTOS + VIDEO**

We create positive lasting memories for dancers and those they love.

Order online at [TMMDance.com](http://TMMDance.com)

Photos are ready to preview right after each routine

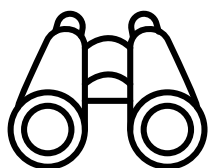
TMMDance has been producing dance media since 2005

Western Canada's #1 choice for dance photos + video

[hello@tmmdance.com](mailto:hello@tmmdance.com)  
[tmmdance.com](http://tmmdance.com)

Visit [tmmdance.com](http://tmmdance.com) to view and purchase photos/videos

## VENUE OPENING TIME



# Monday 12pm

and 1 hour before the first dance of the day each day



## PROVINCIAL FINALS QUALIFYING



# May 24-26 2024

- MICRO SOLOS
- MINI SOLOS
- JUNIOR SOLOS
- INTER SOLOS
- TEEN SOLOS
- SENIOR SOLOS

# 3

## + GROUP DISCIPLINE WINNERS & RUNNER UPS & WILDCARDS

- MICRO/MINI Duo/Trio
- JUNIOR/INTER Duo/Trio
- TEEN/SENIOR Duo/Trio

# 2



PROVINCIAL FINALS INFO  
[www.globaldanceservices.com](http://www.globaldanceservices.com)

## ORDER OF EVENTS

### FRIDAY - SOLOS/DUOS/TRIOS

- Micro Solos
- Mini Solos
- Junior Solos
- Intermediate Solos
- Teen Solos
- Senior Solo
- Micro/Mini Duo/Trio
- Junior/Intermediate Duo/Trio
- Teen/Senior Duo/Trio

### SATURDAY - GROUPS DAY 1

- Ballet 12yrs & Under
- Ballet 13yrs & Over
- Modern/National/Open
- Contemporary
- Lyrical 12yrs & Under
- Lyrical 13yrs & Over
- Aerobatics
- Pre-Competitive Groups 12yrs & Under
- Pre-Competitive Groups 13yrs & Over

### SUNDAY- GROUPS DAY 2

- Tap 12yrs & Under
- Tap 13yrs & Over
- Song & Dance
- Variety Arts 12yrs & Under
- Variety Arts 13yrs & Over
- Jazz 12yrs & Under
- Jazz 13yrs & Over
- Street Dance 12yrs & Under
- Street Dance 13yrs & Over

Categories listed at the top of a day would be scheduled starting from 9am, categories at the end of the list are later in the evening.

## HOST HOTEL



Synergy Dance Competition  
 MJ Fox Theatre  
 Burnaby



**Best Western Plus**  
**5411 Kingsway**  
 USE AN ONLINE BOOKING SERVICE

## EATS NEARBY

### Earls Kitchen Bar - Station Square

6070 Silver Dr. Burnaby [\(Map\)](#)

**American**

Average Price: \$31 to \$50

🚗 1.1 miles from Michael J Fox Theatre

**El Santo**

**OUR PICK: TOP RATED (\$30 AND UNDER)**

680 Columbia St. New Westminster [\(Map\)](#)

**Mexican**

Average Price: \$30 and under

TripAdvisor Traveler Rating:

🌟🌟🌟🌟🌟 266 Reviews

🚗 3.5 miles from Michael J Fox Theatre

### Wendy's

3.7 ★★★★★ (1,503) · \$

Fast Food · 5970 Kingsway

### Denny's

4.6 ★★★★★ (6,759) · \$\$

Restaurant · 5605 Kingsway

### White Spot Metrotown

4.0 ★★★★★ (1,694) · \$\$

Restaurant · 5550 Kingsway

### Makoto Japanese Restaurant

4.1 ★★★★★ (240)

Japanese · 5213 Rumble St

### Quik Bite

4.0 ★★★★★ (106)

Restaurant · 5236 Rumble St

### Adam's Crepes

4.8 ★★★★★ (495) · \$

Restaurant · 5217 Rumble St

### The Boss Restaurant

3.5 ★★★★★ (654) · \$10-20 · Cantonese

4700 Kingsway

Low-key eatery for simple Chinese fare

### ZUBU Ramen - Metrotown

3.9 ★★★★★ (2,4K) · \$20-30 · Ramen

4575 Central Blvd M01

Hip outpost for Japanese noodle soups

### Marble House Eatery

4.3 ★★★★★ (530) · \$\$ · Restaurant

4500 Kingsway #2228

Dine-in · Takeout