

MISS QUATRO - JEWEL OF THE SOUTH

IMPORTANT INFORMATION - PLEASE READ

- ★ **Special Awards will be presented for Best & Fanciest Numbers and the best dressed Coaches & Judges within each round... This year's theme is Movies & Hollywood - HAVE FUN!**
- ★ **Gymnast, Coach & Judge Registration & Entry:**
Please use the entry passes that will be posted to clubs in advance. **Gymnast passes are only valid for their Round(s) of Competition.**
Please ensure your Gymnast receives the correct Pass prior to the Event.
£5 Quatro vouchers will be issued to gymnasts at the time of registration. All vouchers need to be signed for.
- ★ T-shirts will be handed out to Coaches to distribute to gymnasts throughout the Competition. There will be ONE bag per club.
- ★ With the exception of the final round each day, gymnasts will march out from the competition arena for collection. We ask that you make your parents aware of these arrangements in order that they move across **quickly** in order for the next round's spectators to come in and, the next round of competition to commence. If spectators wish to stay, they will need to exit and re-enter the building as separate coloured wristbands will be issued for each round. Any spectator wearing the incorrect wristband will be asked to vacate the venue by the host staff either via a polite request that their rounds have completed or, that their round has not yet started. **We want all parents to be able to see their child compete so, please ensure that your parents are aware of these arrangements. Spectator Tickets can be pre-purchased via the Box Office: www.calvertgymevents.cc**
- ★ Some age groups have been combined for awards from those originally published due to low entries received.
- ★ **Floor Music:** Please submit this at the time of registration. Each gymnast is required to have their own CD clearly labelled with Gymnast's name, Number & Club. Please have a back-up copy on either a phone, ipod or tablet readily available in case of technical difficulties during the event.
- ★ **Please could you ensure that your nominated Judge(s) receive all of the Judging Information, Entry Ticket and, are aware of which Days and Apparatus they are judging; nothing upsets a competition more than judges that are late.**
If you have any queries relating to Judges or rules please email [Elaine Wood ipswichgymnasticsacademy@gmail.com](mailto:Elaine.Wood@ipswichgymnasticsacademy@gmail.com)
As per the published Rules, any Nominated Judge failing to turn up will result in a fine.
- ★ **Gymnasts are to provide their own Numbers and Chalk.**
- ★ The BGA jewellery policy will be enforced for both gymnasts & coaches.
- ★ This event adopts a strict health & safety policy thus, if the judges in charge of each apparatus in consultation with the organisers deem an element or vault to be unsafe then, we will request that the gymnast not perform it.
- ★ If a gymnast fails to compete on an apparatus, please inform the judges in order that they can submit a zero slip to the Scorers
- ★ The emphasis of this event is on fun! Please bear in mind that this is a very large competition and delays may occur.
Under no circumstances should either you or, your parents approach the judges or scoretable directly.
If, you have a query, please approach either Sarah Calvert or the Announcer, Andy Wood.
We will endeavour to deal with any problems as quickly as possible but would appreciate your patience whilst doing so.
- ★ Where possible, gymnasts have been grouped in Clubs. Gymnasts to drop down x 1 within each Rotation
If you have any withdrawals please can you let Sarah know in advance by email: calvertgymevents@gmail.com
Please note that Entry Fees are non-refundable.

Miss Quatro 2018 - Jewel of the South - Programme

Friday - Round 1

Registration from 8.45am (9.15am latest)

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
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Compulsory 2

1	Madeleine Dodd	11 & 12 years	Leatherhead & Dorking GC	1						
2	Phoebe Ryder	11 & 12 years	KD GC	1						
3	Lottie Absolom	11 & 12 years	KD GC	1						
435	Freya Moss	11 & 12 years	KD GC	1						
4	Alina Ciausu	11 & 12 years	Norfolk AG	1						
14	Allegra Ezekwugo	10 & 11 years	Tolworth GC	1						

Compulsory 5

5	Maggie Rees	8 years	Woking GC	2						
6	Lainie-Rae Daws	8 years	Tolworth GC	2						
7	Erin Taylor-Karrer	8 years	Tolworth GC	2						
8	Cleo Hardman	8 years	Tolworth GC	2						
9	Dakota Lynch	8 years	The Meapa GC	2						
10	Aneta Jansa	8 years	The Meapa GC	2						

Compulsory 3

11	Ema Kandalova	10 & 11 years	Tolworth GC	3						
12	Isla Paul	10 & 11 years	Tolworth GC	3						
13	Yuko Kubo	10 & 11 years	Tolworth GC	3						
15	Nadia Majchrzak	10 & 11 years	KD GC	3						
16	Elisha Venturini	10 & 11 years	Horsham GC	4						
17	Tabitha Lees	10 & 11 years	Horsham GC	4						
18	Brooke Stocker	10 & 11 years	Horsham GC	4						
19	Madison Childress	10 & 11 years	Woking GC	4						
20	Stacey Mapara	10 & 11 years	Woking GC	4						
21	Farah Rothwell	10 & 11 years	Woking GC	4						
22	Ella White	10 & 11 years	Aylesbury GA	5						
23	Emily Caprio	10 & 11 years	Aylesbury GA	5						
24	Sonia Runcianu	10 & 11 years	Pinewood GC	5						
25	Emily Croll	10 & 11 years	Pinewood GC	5						
26	Ellen Symonds	10 & 11 years	Norfolk AG	5						

ROUND ONE

ACTIVITY

* 9.00am Judges Meeting *

8.45am

Doors Open

8.45am - 9.15am

Registration for Gymnasts in Round 1

9.15am - 9.20am

Gymnasts to line up ready for March-on

9.20am - 9.30am

March-on & Introduction of Gymnasts Competing in Round 1

9.30am - 9.40am

General Warm-Up

9.35am

All Judges to be in position

9.40am - 9.45am

Gymnasts line up on floor in Groups & march to first Apparatus

9.45am - 11.35pm

Warm-Up & Competition 5 x 22 Minutes

* We would appreciate your assistance in changing vault heights & set-ups

Competition Warm-Up Arrangements

9.45 - 10.07

Vault Warm-Up: x 4 Vaults per Gymnast then Compete

	VAULT	BARS	BEAM	FLOOR	R & C
9.45 - 10.07	1	2	3	4	5
10.07 - 10.29	5	1	2	3	4
10.29 - 10.51	4	5	1	2	3
10.51 - 11.13	3	4	5	1	2
11.13 - 11.35	2	3	4	5	1

10.07 - 10.29

USA Style Warm-Up on Bars, Beam & Range:

10.29 - 10.51

The First x 2 Gymnasts within each Group @ 90 secs.

10.51 - 11.13

Gymnast 1 competes & whilst Gymnast 1 is being

11.13 - 11.35

judged, Gymnast 3 warms-up etc.

Warm-Up on Floor: All gymnasts 5 minutes

11.35am

Judges & Officials Refreshments

11.35am - 11.45am

Collation of Scores & Spectator Hot-Seat

11.45am - 11.55am

Stand & Awards Ceremony for Round 1 Gymnasts

11.55am - 12.00pm

Arena completely cleared for Round 2 - Spectators must re-enter the main gym if they wish to stay

Friday - Round 2

Registration by 11.30am

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
National Grade 1										
27	Hannah Coutts	13+ years	Leatherhead & Dorking GC	6						
28	Honesty South	13+ years	Horsham GC	6						
30	Grace Hyams	13+ years	Camden GC	6						
31	Georgie Amison	13+ years	Basingstoke GC	6						
32	Summer Hayes-Scott	13+ years	Greenwich Royals GC	6						
33	Ella Tomlin	13+ years	Dolphina GC	6						
34	Florence Self	13+ years	Rushmoor GA	6						
Regional Grade 1										
29	Amelia Gow	13+ years	Waveney GC	7						
35	Tilly Day	13+ years	Marriotts GC	7						
36	Lucy Carter	13+ years	Sudbury GC	7						
37	Tyler Barnard	13+ years	South Essex GC	7						
38	Ellie Bates	13+ years	South Essex GC	7						
39	Grace Cooper	13+ years	South Essex GC	7						
40	Amy Newland	13+ years	Carousel SG	7						
41	Kira Bays	13+ years	The Meapa GC	7						
Compulsory 4										
42	Scarlett Bullock	9 & 10 years	Corby GA	8						
43	Georgie Wooton	9 & 10 years	Corby GA	8						
44	Olivia Clarke	9 & 10 years	Corby GA	8						
45	Afrinya Decardi-Nelson	9 & 10 years	Camden GC	8						
46	Aaliyah Kalume	9 & 10 years	Camden GC	8						
47	Skye Tantilov	9 & 10 years	Aylesbury GA	8						
48	Darcy Price	9 & 10 years	Aylesbury GA	8						
49	Arabella Aston	9 & 10 years	Horsham GC	9						
50	Georgia Stables	9 & 10 years	Horsham GC	9						
51	Poppy Finn	9 & 10 years	Horsham GC	9						
52	Lara Tilyard	9 & 10 years	Horsham GC	9						
53	Amelie Beadle-Gates	9 & 10 years	Wickers GC	9						
54	Annabella Higgins	9 & 10 years	Woking GC	9						
55	Olivia Page	9 & 10 years	Xcel Gymnastics	9						
56	Belle Stevens	9 & 10 years	Greenwich Royals GC	10						
57	Lottie Collins	9 & 10 years	Tolworth GC	10						
58	Amy Hoffges	9 & 10 years	Tolworth GC	10						
59	Neve Raymond	9 & 10 years	Tolworth GC	10						
60	Daisy Wise	9 & 10 years	Tolworth GC	10						
61	Jessica French	9 & 10 years	Phoenix GC	10						
62	Morgan Shirt	9 & 10 years	East London GC	10						

ROUND TWO

ACTIVITY

By 11.30am

Registration for Gymnasts in Round 2

11.55am - 12.00pm

Gymnasts to line up ready for March-on

12.00pm - 12.10pm

March-on & Introduction of Gymnasts Competing in Round 2

12.10pm - 12.20pm

General Warm-Up

12.15pm

All Judges to be in position

12.20pm - 12.25pm

Gymnasts line up on floor in Groups & march to first Apparatus

12.25pm - 2.55pm

Warm-Up & Competition 5 x 30 Minutes

*** Mixed Groups to Compete in Grade Order and rotate within their Grade**

Competition Warm-Up Arrangements	VAULT	BARS	BEAM	FLOOR	R & C
Vault Warm-Up: x 4 Vaults per Gymnast then Compete	6	7	8	9	10
USA Style Warm-Up on Bars, Beam & Range:	10	6	7	8	9
The First x 2 Gymnasts within each Group @ 90 secs.	9	10	6	7	8
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	8	9	10	6	7
	7	8	9	10	6

12.25 - 12.55

12.55 - 1.25

1.25 - 1.55

1.55 - 2.25

2.25 - 2.55

Split Warm-Up on Floor: First half of Group W/Up

for 3 minutes followed by the second half of the Group

There will be a separate Warm-Up area for Range to ensure the next gymnast is ready to compete.

2.55pm

Judges & Officials Lunch

2.55pm - 3.05pm

Collation of Scores & Spectator Hot-Seat

3.05pm - 3.15pm

Stand & Awards Ceremony for Round 2 Gymnasts

3.15pm - 3.20pm

Arena completely cleared for Round 3 - Spectators must re-enter the main gym if they wish to stay

Friday - Round 3

Registration by 2.45pm

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	TOTAL
FIG									
63	Valentina Briffa	Espoirs	ISC-Acrobatic Jumpers	1A					
64	Rebecca Xuereb	Espoirs	ISC-Acrobatic Jumpers	1A					
65	Jody Galea	Espoirs	ISC-Acrobatic Jumpers	1A					
66	Nicola Mejlaq	Espoirs	ISC-Acrobatic Jumpers	1A					
67	Julia Micallef	Junior	ISC-Acrobatic Jumpers	1A					
68	Kelsey Spiteri	Junior	ISC-Acrobatic Jumpers	1B					
69	Martha Felice	Junior	ISC-Acrobatic Jumpers	1B					
70	Julia Magri	Junior	ISC-Acrobatic Jumpers	1B					
71	Niamh Agius	Senior	ISC-Acrobatic Jumpers	1B					
72	Crystal Watts	Junior	Sudbury GC	1B					
73	Megan Splain	Senior	Leatherhead & Dorking GC	2A					
74	Izzy Hilliard	Senior	Leatherhead & Dorking GC	2A					
75	Izzy Lamb	Espoirs	Leatherhead & Dorking GC	2A					
76	Evie Lamb	Junior	Leatherhead & Dorking GC	2A					
77	Scarlett Cherry	Junior	Leatherhead & Dorking GC	2A					
78	Jessica Castles	Senior	Pinewood GC	2B					
79	Anna Browne	Espoirs	Pinewood GC	2B					
80	Georgia-Mae Fenton	Senior	East London GC	2B					
81	Annabel Agba	Senior	East London GC	2B					
82	Samanta Katkevica	Junior	East London GC	2B					
83	Jessica Boulia	Junior	East London GC	2B					
84	Amira Hojeij	Junior	Tolworth GC	3A					
85	Dixie Lindsay	Espoirs	Tolworth GC	3A					
86	Emmeline Anghileri	Senior	Tolworth GC	3A					
87	Poppy Whelehan	Junior	Phoenix GC	3A					
88	Lara Thornton	Junior	Phoenix GC	3A					
89	Gabby Connolly	Junior	Berkhamsted GC	3B					
90	Holly Curran	Senior	Basingstoke GC	3B					
91	Niamh Taylor	Senior	Basingstoke GC	3B					
92	Mia Perryment	Junior	Basingstoke GC	3B					
93	Olivia Phillips	Espoirs	Basingstoke GC	3B					
94	Caitlin Saunders	Espoirs	Marriotts GC	4A					
95	Amber McCarthy	Junior	Marriotts GC	4A					
96	Paige Moroney	Espoirs	South Essex GC	4A					
97	Anabelle Carruzzo	Espoirs	KD GC	4A					
98	Mei Amorelli	Espoirs	KD GC	4A					
99	Scarlett Tidy	Junior	Horsham GC	4B					
100	Lily Tranfield	Espoirs	Norfolk AG	4B					
101	Emma Atkin	Espoirs	Norfolk AG	4B					
102	Annie Young	Junior	Norfolk AG	4B					
103	Laura-Rose Cooke	Senior	Norfolk AG	4B					

ROUND THREE

ACTIVITY

By 2.45pm

Registration for Gymnasts in Round 3

3.15pm - 3.20pm

Gymnasts to line up ready for March-on

3.20pm - 3.30pm

March-on & Introduction of Gymnasts Competing in Round 3

3.30pm - 3.40pm

General Warm-Up

3.35pm

All Judges to be in position

3.40pm - 3.45pm

Gymnasts line up on floor in Groups & march to first Apparatus

3.45pm - 6.25pm

Warm-Up & Competition 4 x 40 Minutes

*** Split Groups to compete and rotate within their Group Half**

Warm-Up & Competition Arrangements				
	VAULT	BARS	BEAM	FLOOR
Each Group Half:	11 A/B	12 A/B	13 A/B	14 A/B
Split 5 minute warm-up per Group Half (A/B)	14 A/B	11 A/B	12 A/B	13 A/B
followed by 15 minutes Competition	13 A/B	14 A/B	11 A/B	12 A/B
	12 A/B	13 A/B	14 A/B	11 A/B

6.25pm - 6.35pm

Collation of Scores & Spectator Hot-Seat

6.35pm - 6.45pm

Stand & Awards Ceremony for Round 3 Gymnasts

Saturday - Round 1

Registration from 8.30am (9.00am latest)

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
Club Grade 6		PANEL A								
104	Indiana Sheldon	8 years	Allegro Squad Gymnastics	1A						
105	Amelie West	8 years	Allegro Squad Gymnastics	1A						
106	Lexi Madeley	8 years	Allegro Squad Gymnastics	1A						
107	Jana Sofia Milner	8 years	Berkhamsted GC	1A						
108	Ava Hawkes	8 years	City of Worcester GC	1A						
109	Seren Kelleher	8 years	City of Worcester GC	1A						
110	May Connolly	8 years	City of Worcester GC	1A						
111	Lily Thwaites	8 years	City of Worcester GC	1A						
112	Gracie Pouch	8 years	City of Worcester GC	1A						
113	Holly Lau	8 years	Dolphina GC	2A						
114	Georgia Brearly	8 years	KD GC	2A						
115	Mia McClay	8 years	KD GC	2A						
116	Charlotte Coomber	8 years	KD GC	2A						
117	Chloe Leech	8 years	KD GC	2A						
118	Krizstina Hartley	8 years	KD GC	2A						
194	Fiona Karlsson	7 years	KD GC	2A						
119	Sophie Phillips	8 years	Leatherhead & Dorking GC	2A						
120	Sophia Ceely	8 years	Salto GC	2A						
121	Anakela Loneragan	8 years	Salto GC	2A						
122	Sophia Chinn	8 years	Pinewood GC	3A						
123	Sienna-Rose Reeve	8 years	Pinewood GC	3A						
124	Maisie Dowse	8 years	Pinewood GC	3A						
125	Amelie Crocker	8 years	Revolution GC	3A						
126	Emma Cekrezi	8 years	Revolution GC	3A						
127	Holly Jelley	8 years	Xcel Gymnastics	3A						
128	Essense Starkey	8 years	Xcel Gymnastics	3A						
129	Ashleigh Prince	8 years	Coleshill GC	3A						
130	Brooke Stone	8 years	Waveney GC	3A						
131	Ava Burrows	8 years	Norfolk AG	4A						
132	Sophie Snowling	8 years	Norfolk AG	4A						
133	Lottie Woods	8 years	Norfolk AG	4A						
134	Emma Hurren	8 years	North Walsham GC	4A						
135	Daisy O'Connor	8 years	South Essex GC	4A						
136	Evie Greenhalf	8 years	Spring GC	4A						
137	Abigail Rickard	8 years	Spring GC	4A						
138	Jess Phillips	8 years	Spring GC	4A						
139	Sofia Johnson	8 years	Spring GC	4A						
140	Lacey Beckles	8 years	Marriotts GC	5A						
141	Betty Brocklesby-Sum	8 years	Marriotts GC	5A						
142	Isabella Paulus	8 years	Marriotts GC	5A						
143	Georgina Steele	8 years	Sudbury GC	5A						
144	Poppy Irvine	8 years	Sudbury GC	5A						
145	Leah Howarth	8 years	Sudbury GC	5A						
146	Kamila Tobiasz	8 years	Tolworth GC	5A						
147	Tila Fairweather	8 years	Tolworth GC	5A						
148	Kayla Chawdhary	8 years	Tolworth GC	5A						

Saturday - Round 1

Registration from 8.30am (9.00am latest)

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
Regional Grade 4		PANEL B								
149	Jessie Vorster	11+ years	Berkhamsted GC	1B						
150	Christina Meehan	11+ years	Berkhamsted GC	1B						
151	Ayiana/Lei Williamson	11+ years	Berkhamsted GC	1B						
152	Manal Kassem	11+ years	Dolphina GC	2B						
153	Beau Mallett	11+ years	Dolphina GC	2B						
154	Isabelle Hughes	11+ years	Leatherhead & Dorking GC	2B						
155	Millie Mihell	11+ years	Pinewood GC	3B						
156	Zara Palmer	11+ years	Revolution GC	3B						
157	Sasha Hourigan	11+ years	Revolution GC	3B						
158	Sophie Shelley	11+ years	Norfolk AG	4B						
159	Jessica Burke	11+ years	North Walsham GC	4B						
160	Eve Keryell	11+ years	Spring GC	4B						
161	Lily Samson	11+ years	Spring GC	4B						
162	Imogen Slowe	11+ years	Carousel SG	5B						
163	Summer Cole	11+ years	Corby GA	5B						
164	Ruby Blanco-Rivas	11+ years	Corby GA	5B						
165	Emma Ellis	11+ years	Marriotts GC	5B						

Saturday - Round 2**Registration by 12.00pm**

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
Club Grade 6		PANEL A								
166	Olivia Murray	10 & 11 years	South Essex GC	6A						
167	Eva Stimpson-Cook	9 years	South Essex GC	6A						
168	Lola Moss	10 & 11 years	Spring GC	6A						
169	Florence Hinchliffe	10 & 11 years	Spring GC	6A						
170	Megan Atkinson	10 & 11 years	Spring GC	6A						
171	Isabella Johnson	10 & 11 years	Spring GC	6A						
172	Maisie Crane	7 years	Spring GC	6A						
173	Artemis Bruce	9 years	Spring GC	6A						
174	Amelia May Lyster	9 years	Dolphina GC	7A						
175	Fifi Lesser	9 years	Dolphina GC	7A						
176	Milena Kabelis	9 years	Dolphina GC	7A						
177	Yasmin Fabling-Pathan	7 years	Marriotts GC	7A						
178	Harriet Clarke	9 years	Marriotts GC	7A						
179	Scarlett Wallder	7 years	Tolworth GC	7A						
180	Saskia Milway	9 years	Tolworth GC	7A						
181	Latika Natarajan	9 years	Tolworth GC	7A						
182	Anna Rowlands	9 years	Berkhamsted GC	8A						
183	Eloise Webster	9 years	Berkhamsted GC	8A						
184	Renee Coleman	7 years	Carousel SG	8A						
185	Carys Orme	9 years	Coleshill GC	8A						
186	Lilia Yardley	9 years	Coleshill GC	8A						
187	Lily Harfield	10 & 11 years	North Walsham GC	8A						
188	Lulu Gillett	7 years	North Walsham GC	8A						
189	Jasmine Keymer	9 years	North Walsham GC	8A						
190	Amy Skinner	10 & 11 years	Allegro Squad Gymnastics	9A						
191	Clarisse Neulat	10 & 11 years	Allegro Squad Gymnastics	9A						
192	Emmy Lawrence	10 & 11 years	Allegro Squad Gymnastics	9A						
193	Sofia Green	10 & 11 years	Allegro Squad Gymnastics	9A						
195	Elouise Perrin	9 years	Pinewood GC	9A						
196	Hollie Parry	9 years	Revolution GC	9A						
197	Ashani Davis	10 & 11 years	Salto GC	10A						
198	Stella Businge	9 years	Salto GC	10A						
199	Enais Edghill	9 years	Salto GC	10A						
200	Nya Shah	9 years	Salto GC	10A						
201	Jayda Davis	9 years	Salto GC	10A						
202	Lia Mills	9 years	Sudbury GC	10A						
203	Madeline Johnson	7 years	Waveney GC	10A						

Saturday - Round 2

Registration by 12.00pm

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
Club Grade 5		PANEL B								
204	Phoebe Tranfield	9 years	Norfolk AG	6B						
205	Isobel Chisman	9 years	Norfolk AG	6B						
206	Nampet Sae Heng	9 years	Spring GC	6B						
207	Nancy Hanson	9 years	Leatherhead & Dorking GC	6B						
208	Abigail Folwell	9 years	Leatherhead & Dorking GC	6B						
266	Rosie Harrington	9 years	Dolphina GC	7B						
210	Ciara Kelly	9 years	Dolphina GC	7B						
211	Paige Stafford	9 years	Dolphina GC	7B						
212	Lily Loughran	9 years	Tolworth GC	7B						
213	Annabel Calderbank	9 years	Tolworth GC	7B						
214	Rosie Dewell	9 years	Carousel SG	8B						
215	Isla McCormick	9 years	Carousel SG	8B						
216	Iona McCormick	9 years	Carousel SG	8B						
217	Harriet Bateman	9 years	City of Worcester GC	8B						
218	Amirah Hewitt	9 years	Coleshill GC	8B						
219	Lola Gillett	9 years	North Walsham GC	8B						
220	Lola Cassidy	9 years	Allegro Squad Gymnastics	9B						
222	Anashe Pamire-Muhamma	9 years	Revolution GC	9B						
223	Chloe Crocker	9 years	Revolution GC	9B						
224	Lili-Mai Stevens	9 years	Waveney GC	9B						
225	Ella Barnvoschi	9 years	Waveney GC	9B						
226	Lucy Walsh	9 years	Harlequin SG	10B						
227	Lexi Mantripp	9 years	Waveney GC	10B						
228	Jazmyn Liles	9 years	Waveney GC	10B						
229	Daisy King	9 years	Waveney GC	10B						
230	Mila Tyler	9 years	Waveney GC	10B						
231	Mimi Tyler	9 years	Waveney GC	10B						

Saturday - Round 3

Registration by 3.15pm

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
Regional Grade 4		PANEL A								
232	Isabelle Finch	10 years	City of Worcester GC	11A						
233	Millie Guram-Baker	10 years	City of Worcester GC	11A						
234	Isabella Bennett	10 years	Dolphina GC	11A						
235	Lily Owers	10 years	North Walsham GC	11A						
236	Angel Cooper	10 years	North Walsham GC	11A						
237	Katie Ridley	10 years	The Meapa GC	11A						
238	Amber Ridgley	10 years	Carousel SG	12A						
239	Jessica Cable	10 years	Carousel SG	12A						
240	Lois Reynolds	10 years	Carousel SG	12A						
241	Evie Crane	10 years	Spring GC	12A						
242	Kate Hayward	10 years	Sudbury GC	12A						
243	Naomi Cooke	10 years	Sudbury GC	12A						
412	Lara Harker	10 years	Salto GC	13A						
244	Ellie Allen	10 years	Coleshill GC	13A						
245	Ellie Hutchings	10 years	Coleshill GC	13A						
246	Mia MacDonald	10 years	Coleshill GC	13A						
247	Rowan Waine	10 years	Leatherhead & Dorking GC	13A						
248	Jessica Haines	10 years	Leatherhead & Dorking GC	13A						
249	Caitlin Goodram	10 years	Leatherhead & Dorking GC	13A						
250	Teah Gregory	10 years	Marriotts GC	14A						
251	Caitlin Christie	10 years	Marriotts GC	14A						
252	Paulina Kubas	10 years	Marriotts GC	14A						
253	Isabella Jarman	10 years	Marriotts GC	14A						
254	Halle Bromfield	10 years	Phoenix GC	14A						
255	Gabriella Dorrat	10 years	Phoenix GC	14A						
256	Aimee Fitch	10 years	Phoenix GC	14A						
257	Hebe Meldrum Edwards	10 years	Norfolk AG	15A						
258	Addyson Haney	10 years	Norfolk AG	15A						
259	Isla Hurrell	10 years	Norfolk AG	15A						
260	Maylayah Jay	10 years	Revolution GC	15A						
261	Jessica Barnett	10 years	Revolution GC	15A						
262	Isabella Griffiths	10 years	Revolution GC	15A						
263	Zhane Smith	10 years	Revolution GC	15A						

Saturday - Round 3

Registration by 3.15pm

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
Club Grade 5		PANEL B								
264	Mollie Fawdry	10 years	City of Worcester GC	11B						
265	Grace Macrory	10 years	City of Worcester GC	11B						
267	Mariska Zourdani	11 & 12 years	Dolphina GC	11B						
268	Caitlin Li	10 years	Dolphina GC	11B						
209	Gracie McGovern	10 years	Dolphina GC	11B						
269	Jasmine Kiy	10 years	North Walsham GC	11B						
270	Ella Ing	10 years	Carousel SG	12B						
271	Emily Watson	10 years	Salto GC	12B						
272	Maggie Smith	10 years	South Essex GC	12B						
273	Mollie Chadwick	10 years	Spring GC	12B						
274	Lotte Phillips	11 & 12 years	Spring GC	12B						
275	Chloe Jeggo	10 years	Sudbury GC	12B						
276	Grace Buckingham	10 years	Allegro Squad Gymnastics	13B						
277	Rosie Nunes	11 & 12 years	Allegro Squad Gymnastics	13B						
278	Nina Gordge	11 & 12 years	Allegro Squad Gymnastics	13B						
279	Sherina Mogane	11 & 12 years	Allegro Squad Gymnastics	13B						
280	Poppy Baker	10 years	Berkhamsted GC	13B						
281	Phoebe Bridges	10 years	Coleshill GC	13B						
282	Lola Yeupiksang	10 years	Marriotts GC	14B						
283	Lily Alford	10 years	Tolworth GC	14B						
284	Deia Wright	10 years	Tolworth GC	14B						
285	Tia-Kenza Scatigna Gianfagna	11 & 12 years	Tolworth GC	14B						
286	Holly Maxwell	11 & 12 years	Tolworth GC	14B						
221	Tina Dimitrova	10 years	Pinewood GC	15B						
287	Ellie Beckett	10 years	Pinewood GC	15B						
288	Katie Horne	11 & 12 years	Pinewood GC	15B						
289	Hannah O'Donnell	11 & 12 years	Pinewood GC	15B						
290	Nadia Wojcik	10 years	Revolution GC	15B						
291	Summer Phipps	10 years	Waveney GC	15B						

SATURDAY TIMINGS **ACTIVITY** *** 9.00am Judges Meeting ***

8.30am Doors Open
 8.30am - 9.00am **Registration for Gymnasts in Round 1**
 9.00am - 9.05am Gymnasts to line up ready for March-on
 9.05am - 9.15am March-on & Introduction of Gymnasts Competing in Round 1
 9.15am - 9.25am General Warm-Up
 9.20am **All Judges to be in position**
 9.25am - 9.30am Gymnasts line up on floor in Groups & march to first Apparatus
 9.30am - 12.00pm Warm-Up & Competition 5 x 30 Minutes

Panel A - Club Grade 6 - 8 yrs	VAULT	BARS	BEAM	FLOOR	R & C
Panel B - Regional Grade 4 - 11+ yrs					
Vault Warm-Up: x 2 Vaults per Gymnast then Compete	1 A & B	2 A & B	3 A & B	4 A & B	5 A & B
USA Style Warm-Up on Bars, Beam & Range:	5 A & B	1 A & B	2 A & B	3 A & B	4 A & B
The First x 2 Gymnasts within each Group @ 1 min	4 A & B	5 A & B	1 A & B	2 A & B	3 A & B
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	3 A & B	4 A & B	5 A & B	1 A & B	2 A & B
	2 A & B	3 A & B	4 A & B	5 A & B	1 A & B

9.30 - 10.00
 10.00 - 10.30
 10.30 - 11.00
 11.00 - 11.30
 11.30 - 12.00

There will be a separate Warm-Up area for Range to ensure the next gymnast is ready to compete.

Split Warm-Up on Floor: First half of each Group W/Up for 2.5 minutes followed by the second half of the Group

12.00pm **Judges & Officials Lunch**
 12.00pm - 12.10pm Collation of Scores & Spectator Hot-Seat
 12.10pm - 12.20pm Stand & Awards Ceremony for Round 1 Gymnasts
 12.20pm - 12.30pm **Arena completely cleared for Round 2 - Spectators must re-enter the main gym if they wish to stay**
 By 12.00pm **Registration for Gymnasts in Round 2**
 12.20pm - 12.30pm Gymnasts to line up ready for March-on
 12.30pm - 12.40pm March-on & Introduction of Gymnasts Competing in Round 2
 12.40pm - 12.50pm General Warm-Up
 12.45pm **All Judges to be in position**
 12.50pm - 12.55pm Gymnasts line up on floor in Groups & march to first Apparatus
 12.55pm - 3.25pm Warm-Up & Competition 5 x 30 Minutes

Panel A - Club Grade 6 - 7, 9 and 10/11 yrs	VAULT	BARS	BEAM	FLOOR	R & C
Panel B - Club Grade 5 - 9 yrs					
Vault Warm-Up: x 2 Vaults per Gymnast then Compete	6 A & B	7 A & B	8 A & B	9 A & B	10 A & B
USA Style Warm-Up on Bars, Beam & Range:	10 A & B	6 A & B	7 A & B	8 A & B	9 A & B
The First x 2 Gymnasts within each Group @ 1 min	9 A & B	10 A & B	6 A & B	7 A & B	8 A & B
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	8 A & B	9 A & B	10 A & B	6 A & B	7 A & B
	7 A & B	8 A & B	9 A & B	10 A & B	6 A & B

12.55 - 1.25
 1.25 - 1.55
 1.55 - 2.25
 2.25 - 2.55
 2.55 - 3.25

There will be a separate Warm-Up area for Range to ensure the next gymnast is ready to compete.

Split Warm-Up on Floor: First half of each Group W/Up for 2.5 minutes followed by the second half of the Group

3.25pm **Judges & Officials Refreshments**
 3.25pm - 3.35pm Collation of Scores & Spectator Hot-Seat
 3.35pm - 3.45pm Stand & Awards Ceremony for Round 2 Gymnasts
 3.45pm - 3.55pm **Arena completely cleared for Round 3 - Spectators must re-enter the main gym if they wish to stay**
 By 3.15pm **Registration for Gymnasts in Round 3**
 3.45pm - 3.55pm Gymnasts to line up ready for March-on
 3.55pm - 4.05pm March-on & Introduction of Gymnasts Competing in Round 3
 4.05pm - 4.15pm General Warm-Up
 4.10pm **All Judges to be in position**
 4.15pm - 4.20pm Gymnasts line up on floor in Groups & march to first Apparatus
 4.20pm - 6.50pm Warm-Up & Competition 5 x 30 Minutes

Panel A - Regional Grade 4 - 10 yrs	VAULT	BARS	BEAM	FLOOR	R & C
Panel B - Club Grade 5 - 10 and 11/12 yrs					
Vault Warm-Up: x 2 Vaults per Gymnast then Compete	11 A & B	12 A & B	13 A & B	14 A & B	15 A & B
USA Style Warm-Up on Bars, Beam & Range:	15 A & B	11 A & B	12 A & B	13 A & B	14 A & B
The First x 2 Gymnasts within each Group @ 1 min	14 A & B	15 A & B	11 A & B	12 A & B	13 A & B
Gymnast 1 competes & whilst Gymnast 1 is being judged, Gymnast 3 warms-up etc.	13 A & B	14 A & B	15 A & B	11 A & B	12 A & B
	12 A & B	13 A & B	14 A & B	15 A & B	11 A & B

4.20 - 4.50
 4.50 - 5.20
 5.20 - 5.50
 5.50 - 6.20
 6.20 - 6.50

There will be a separate Warm-Up area for Range to ensure the next gymnast is ready to compete.

Split Warm-Up on Floor: First half of each Group W/Up for 2.5 minutes followed by the second half of the Group

6.50pm - 7.00pm Collation of Scores & Spectator Hot-Seat
 7.00pm - 7.10pm Stand & Awards Ceremony for Round 3 Gymnasts

Sunday - Round 1

Registration from 8.30am (9.00am latest)

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
National Grade 3										
292	Alesha Pusey	11 years	Basingstoke GC	1						
293	Ellie Graham	11 years	Basingstoke GC	1						
294	Isla Fidgett	11 years	Basingstoke GC	1						
295	Zoe Perryment	11 years	Basingstoke GC	1						
296	Josie Clarke	11 years	Basingstoke GC	1						
297	Francesca Battistella	12+ years	Camden GC	1						
298	Erin Cooper	11 years	Camden GC	1						
299	Kathryn Withey	12+ years	Camden GC	1						
300	Mackey Platt	11 years	City of Worcester GC	2						
301	Lauren Jones	11 years	City of Worcester GC	2						
302	Jamelia Jones	12+ years	City of Worcester GC	2						
303	Jessica Harris	11 years	City of Worcester GC	2						
304	Matilda Haughton	12+ years	City of Worcester GC	2						
305	Edith Herbert	12+ years	Rushmoor GA	2						
306	Enya Lloyd	11 years	Rushmoor GA	2						
307	Amy Cook	11 years	Rushmoor GA	2						
426	Olivia Fox	11 years	Marriotts GC	3						
308	Millie Root	11 years	Marriotts GC	3						
309	Libby Herbert	11 years	Portsmouth GC	3						
310	Poppy McBride	12+ years	Portsmouth GC	3						
311	Chloe Thompson	11 years	Portsmouth GC	3						
312	Leah Kennedy	11 years	Sapphire SG	3						
313	Lilianne Jervis Allen	11 years	Sapphire SG	3						
314	Isabella Sell	11 years	Sudbury GC	3						
315	Kacey Chrystall	11 years	Norfolk AG	4						
316	Daniela DiCioccio	11 years	Phoenix GC	4						
317	Emilene Beaupain	11 years	Phoenix GC	4						
318	Lucy Freeland	11 years	Phoenix GC	4						
320	Paris Whiting	11 years	Waveney GC	4						
321	Ashleigh Barker	12+ years	Carousel SG	5						
322	Hannah Wayman	12+ years	Corby GA	5						
323	Mia Thompson	12+ years	Corby GA	5						
324	Anais Bexley	11 years	Greenwich Royals GC	5						
325	Elizabeth Hardie	12+ years	Harlequin SG	5						
326	Lola McNaughton	11 years	Horsham GC	5						
327	Emily Irving	12+ years	Revolution GC	5						

National Grade 2										
328	Jessica Siertsema	12+ years	Basingstoke GC	1						
329	Maja Szymkiewicz	12+ years	Camden GC	1						
330	Skye-Rose Hamilton	12+ years	City of Worcester GC	2						
331	Tilly Mitchell	12+ years	Rushmoor GA	2						
332	Isabella Cashmore	12+ years	Rushmoor GA	2						
333	Caitlin Seaby	12+ years	Marriotts GC	3						
334	Sienna Chantrey-Jowett	12+ years	Portsmouth GC	3						
335	Emily Tait	12+ years	Portsmouth GC	3						
336	Anna Bridge	12+ years	Portsmouth GC	3						
337	Phoebe Light	12+ years	Horsham GC	4						
338	Isabel Carr	12+ years	Horsham GC	4						
339	Amy Mann	12+ years	North Walsham GC	4						
340	Sasha Poole	12+ years	Pinewood GC	4						
375	Annabelle Johnny	12+ years	Pinewood GC	4						
376	Chloe Holt	12+ years	Pinewood GC	4						
341	Lily Baker	12+ years	Dolphina GC	4						
342	Sophie Prior	12+ years	Tolworth GC	5						
343	Shahana Francis	12+ years	Greenwich Royals GC	5						
344	Ava Nair	12+ years	Leatherhead & Dorking GC	5						
345	Mia Hamill	12+ years	Leatherhead & Dorking GC	5						

Sunday - Round 2**Registration by 12.30pm**

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
Regional Grade 3										
346	Emma Coombs	12+ years	South Essex GC	6						
347	Teagan Newcombe	12+ years	South Essex GC	6						
348	Darcie Meecham	12+ years	South Essex GC	6						
349	Holly McDonagh	12+ years	South Essex GC	6						
350	Olivia Owen	12+ years	North Walsham GC	7						
351	Lily McCombe	12+ years	North Walsham GC	7						
352	Rosie Bolton	12+ years	North Walsham GC	7						
353	Megan Scouse	12+ years	Pinewood GC	7						
354	Francesca Crisford	12+ years	Berkhamsted GC	8						
355	Emily Dove	12+ years	Revolution GC	8						
356	Jaya Sanghera	12+ years	Revolution GC	8						
357	Isabelle Davies	12+ years	Salto GC	8						
358	Eleanor Phillips	12+ years	Spring GC	8						
359	Erin Seamark	12+ years	The Meapa GC	9						
360	Kacie Hanton	12+ years	Waveney GC	9						
319	Emilie Bond	12+ years	Waveney GC	9						
361	Summer Garey	12+ years	Coleshill GC	10						
362	Bella Bolt	12+ years	Dolphina GC	10						
363	Ameira Dransfield	12+ years	Dolphina GC	10						
364	Jasmin Wheatley	12+ years	Dolphina GC	10						
366	Chanelle Harris	12+ years	Marriotts GC	10						
Regional Grade 2										
367	Elise De Boos	12+ years	South Essex GC	6						
368	Olivia Cartwright	12+ years	South Essex GC	6						
369	Billie Masser	12+ years	South Essex GC	6						
370	Vivian Jaiyesimi	12+ years	South Essex GC	6						
371	Lena Cornish	12+ years	Sudbury GC	6						
372	Milly Beasley	12+ years	North Walsham GC	7						
373	Tilly Owen	12+ years	North Walsham GC	7						
374	Olivia Shingles	12+ years	North Walsham GC	7						
377	Annabelle Vorster	12+ years	Berkhamsted GC	8						
378	Mia Meloy	12+ years	Berkhamsted GC	8						
379	Asher Omar	12+ years	Salto GC	8						
380	Alliyah Omar	12+ years	Salto GC	8						
381	Amy Lawrence	12+ years	Carousel SG	9						
382	Amelia Carlaw	12+ years	Corby GA	9						
383	Emelia Nico	12+ years	Corby GA	9						
384	Helen Drummie	12+ years	Phoenix GC	9						
385	Phoebe Johnson	12+ years	Phoenix GC	9						
386	Jessica Clarke	12+ years	The Meapa GC	9						
387	Aaliyah Clark	12+ years	Waveney GC	9						
388	Sonia Kapadia	12+ years	Dolphina GC	10						
389	Sienna Salousti	12+ years	Dolphina GC	10						
390	Jessica Smith	12+ years	Norfolk AG	10						
365	Cassidy Pratt	12+ years	Harlequin SG	10						

Sunday - Round 3

Registration by 3.45pm

No.	GYMNAST	AGE GROUP	CLUB	GR	VAULT	BARS	BEAM	FLOOR	R & C	TOTAL
National Grade 4										
391	Carmen Rose	10 years	Tolworth GC	11						
392	Natasha Hambling	10 years	Tolworth GC	11						
393	Annalise Chalkley-Every	10 years	Pinewood GC	11						
394	Rhianna Smith	11+ years	Pinewood GC	11						
395	Darcey Wraight	10 years	Harlequin SG	11						
396	Imogen Cook	11+ years	Harlequin SG	11						
397	Ellianne Eaton	10 years	Norfolk AG	11						
398	Keola Silver	10 years	Norfolk AG	11						
399	Morgan Miller	10 years	Horsham GC	12						
400	Phoebe Peacock	10 years	Sapphire SG	12						
401	Phoebe Fletcher	10 years	Sapphire SG	12						
402	Gracie Rae Kilby	10 years	Sapphire SG	12						
403	Simone Stoyanov	10 years	Sapphire SG	12						
404	Zara Simpson	10 years	Sapphire SG	12						
405	Martha Gayle	10 years	Greenwich Royals GC	12						
406	Teja Patel	10 years	Greenwich Royals GC	12						
407	Erin Finn	10 years	Xcel Gymnastics	12						
408	Isla Hall	10 years	Waveney GC	13						
409	Bronwen Back	10 years	Waveney GC	13						
410	Madeline Swan	10 years	Sudbury GC	13						
411	Angel Bo Tatum	11+ years	Sudbury GC	13						
413	Keeley Boyce	11+ years	Phoenix GC	13						
414	Carmen Milner	11+ years	Phoenix GC	13						
415	Cai'er Hui	11+ years	Phoenix GC	13						
416	Freya Donohoe	10 years	Sudbury GC	13						
417	Moyi Parchment	11+ years	Camden GC	14						
418	Mia Harrell	11+ years	Camden GC	14						
419	Natasha Moorcroft	10 years	Carousel SG	14						
420	Erin Chestnutt	10 years	Basingstoke GC	14						
421	Lauren Mackie	11+ years	Corby GC	14						
422	Hailey Walker	10 years	Portsmouth GC	14						
423	Amilie Barnes-Mathews	10 years	Rushmoor GA	14						
424	Abigail St John Perry	11+ years	Rushmoor GA	14						
425	Nellie Lewis	11+ years	City of Worcester GC	14						
Regional Grade 3										
427	Ella Ceely	11 years	Salto GC	15						
428	Macy Van Hoof	11 years	Corby GA	15						
429	Mia Giammalva	11 years	Corby GA	15						
430	Keira Human	11 years	Dolphina GC	15						
431	Chloe Parker	11 years	Phoenix GC	15						
432	Shai-Amari Freckleton	11 years	Harlequin SG	15						
433	Katie Middleton	11 years	Norfolk AG	15						
434	Layla Terry	11 years	Norfolk AG	15						

SUNDAY TIMINGS**ACTIVITY***** 9.00am Judges Meeting ***

8.30am

Doors Open

8.30am - 9.00am

Registration for Gymnasts in Round 1

9.00am - 9.05am

Gymnasts to line up ready for March-on

9.05am - 9.15am

March-on & Introduction of Gymnasts Competing in Round 1

9.15am - 9.25am

General Warm-Up

9.20am

All Judges to be in position

9.25am - 9.30am

Gymnasts line up on floor in Groups & march to first Apparatus

9.30am - 12.40pm

Warm-Up & Competition 5 x 38 Minutes

*** Mixed Groups to Compete in Grade Order and rotate within their Grade***** We would appreciate your assistance in changing vault heights & set-ups**

9.30 - 10.08

10.08 - 10.46

10.46 - 11.24

11.24 - 12.02

12.02 - 12.40

National Grades 3 and 2**VAULT BARS BEAM FLOOR R & C**

Vault Warm-Up: x 2 Vaults per Gymnast then Compete

1 2 3 4 5

USA Style Warm-Up on Bars, Beam & Range:

5 1 2 3 4

The First x 2 Gymnasts within each Group @ 1 min

4 5 1 2 3

Gymnast 1 competes & whilst Gymnast 1 is being

3 4 5 1 2

judged, Gymnast 3 warms-up etc.

2 3 4 5 1

There will be a separate Warm-Up area for Range to ensure the next gymnast is ready to compete.**Split Warm-Up on Floor:** First half of each Group W/Up for 3 minutes followed by the second half of the Group

12.40pm

Judges & Officials Lunch

12.40pm - 12.50pm

Collation of Scores & Spectator Hot-Seat

12.50pm - 1.00pm

Stand & Awards Ceremony for Round 1 Gymnasts

1.00pm - 1.10pm

Arena completely cleared for Round 2 - Spectators must re-enter the main gym if they wish to stay

By 12.30pm

Registration for Gymnasts in Round 2

1.00pm - 1.10pm

Gymnasts to line up ready for March-on

1.10pm - 1.20pm

March-on & Introduction of Gymnasts Competing in Round 2

1.20pm - 1.30pm

General Warm-Up

1.25pm

All Judges to be in position

1.25pm - 1.30pm

Gymnasts line up on floor in Groups & march to first Apparatus

1.30pm - 4.10pm

Warm-Up & Competition 5 x 32 Minutes

*** Mixed Groups to Compete in Grade Order and rotate within their Grade**

1.30 - 2.02

2.02 - 2.34

2.34 - 3.06

3.06 - 3.38

3.38 - 4.10

Regional Grades 2 and 3 (12+ yrs)**VAULT BARS BEAM FLOOR R & C**

Vault Warm-Up: x 2 Vaults per Gymnast then Compete

6 7 8 9 10

USA Style Warm-Up on Bars, Beam & Range:

10 6 7 8 9

The First x 2 Gymnasts within each Group @ 1 min

9 10 6 7 8

Gymnast 1 competes & whilst Gymnast 1 is being

8 9 10 6 7

judged, Gymnast 3 warms-up etc.

7 8 9 10 6

There will be a separate Warm-Up area for Range to ensure the next gymnast is ready to compete.**Split Warm-Up on Floor:** First half of each Group W/Up for 3 minutes followed by the second half of the Group

4.10pm

Judges & Officials Refreshments

4.10pm - 4.20pm

Collation of Scores & Spectator Hot-Seat

4.20pm - 4.30pm

Stand & Awards Ceremony for Round 2 Gymnasts

4.30pm - 4.40pm

Arena completely cleared for Round 3 - Spectators must re-enter the main gym if they wish to stay

By 3.45pm

Registration for Gymnasts in Round 3

4.30pm - 4.40pm

Gymnasts to line up ready for March-on

4.40pm - 4.50pm

March-on & Introduction of Gymnasts Competing in Round 3

4.50pm - 5.00pm

General Warm-Up

4.55pm

All Judges to be in position

5.00pm - 5.05pm

Gymnasts line up on floor in Groups & march to first Apparatus

5.05pm - 7.45pm

Warm-Up & Competition 5 x 32 Minutes

5.05 - 5.37

5.37 - 6.09

6.09 - 6.41

6.41 - 7.13

7.13 - 7.45

National Grade 4 and Regional Grade 3 (11 yrs)**VAULT BARS BEAM FLOOR R & C**

Vault Warm-Up: x 2 Vaults per Gymnast then Compete

11 12 13 14 15

USA Style Warm-Up on Bars, Beam & Range:

15 11 12 13 14

The First x 2 Gymnasts within each Group @ 1 min

14 15 11 12 13

Gymnast 1 competes & whilst Gymnast 1 is being

13 14 15 11 12

judged, Gymnast 3 warms-up etc.

12 13 14 15 11

There will be a separate Warm-Up area for Range to ensure the next gymnast is ready to compete.**Split Warm-Up on Floor:** First half of each Group W/Up for 3 minutes followed by the second half of the Group

7.45pm

Collation of Scores & Spectator Hot-Seat / Stand & Awards Ceremony for Round 3 Gymnasts