

SESSIONS AND ROTATIONS

SATURDAY 25TH MAY 2019

SESSION 1

Warmup – 1.00pm, marshalling 1.15pm, compete – 1.30pm

GYM FUN	GROUP A	vault, bar, beam, floor
GYM FUN	GROUP B	bar, beam, floor, vault

SESSION 2

Warmup – 2.15pm, marshalling – 2.30pm, compete – 2.45pm

GRADE 1	GROUP A	vault, bar, beam, floor
GRADE 1	GROUP B	floor, vault, bar, beam/rings
GRADE 1	GROUP C	bar, beam, floor, vault
GRADE 1	GROUP D	beam, floor, vault, bar

SESSION 3

warmup – 3.30pm, marshalling - 3.45pm, compete – 4.00pm

GRADE 2	GROUP A	vault, bar, beam, floor
GRADE 2	GROUP B	floor, vault, bar, beam/rings
GRADE 2	GROUP C	bar, beam, floor, vault
GRADE 2	GROUP D	beam, floor, vault, bar

SUNDAY 26TH MAY 2019

SESSION 1

warmup – 8.30am, marshalling - 8.50am, compete – 9.05am

IRON	GROUP A	vault, bar, beam, floor
IRON	GROUP B	bar, beam, floor, vault
IRON	GROUP C	beam, floor, vault, bar
IRON	GROUP D	floor, vault, bar, beam

SESSION 2

warmup - 10.25am, marshalling - 10.55am, compete – 11.15am

Bronze	GROUP A	vault, bar, beam, floor
BRONZE	GROUP B	bar, beam, floor, vault
BRONZE	GROUP C	beam, floor, vault, bar
BRONZE	GROUP D	floor, vault, bar, beam

SESSION 3

warmup – 12.35pm, marshalling - 1.05pm, compete – 1.20pm

REGIONAL GOLD	GROUP A	bar, vault, floor, beam
GOLD	GROUP B	vault, beam, bar, floor
GOLD	GROUP C	beam, floor, vault, bar
REGIONAL IRON	GROUP D	floor, bar, beam, vault

SESSION 4

warmup – 2.40pm, marshalling – 3.10pm, compete – 3.25pm

REGIONAL BRONZE	GROUP A	vault, beam, bar, floor
REGIONAL SILVER	GROUP B	beam, vault, floor, bar
SILVER	GROUP C	floor, bar, vault, beam/rings
ELITE/ELITE REGIONAL	GROUP D	bar, floor, beam, vault