



**Gymnastics  
Victoria  
Events**

**Gymstar Gymnastics**

[www.gymnasticsvictoria.org.au](http://www.gymnasticsvictoria.org.au)

## **L1-3 Neutrons & 4 Halos**

**Saturday 29th & Sunday 30th July 2023**

**HYC Gymnastics**

**3 Livingston Street, Highett Victoria 3190**

**GYMSTAR WORK ORDER VERSION 3**

*Welcome to this Gymstar Gymnastics Event*

*Thank you Highett Youth Club*

*for hosting this Gymstar Gymnastics Event*

*Thank you to all the judges for being part of this Gymstar competition, please see the checklist below:*

Please read the information in this work order carefully and direct any questions to Serene at the Gymnastics Victoria office on 9005 4700 or [stan@gymvic.org.au](mailto:stan@gymvic.org.au)

If there is anything you coaches and judges need assistance with on the day of the event please see the GV floor manager

Please note further versions of the workorder will follow as key changes that effect the timings are received by the GV office. These can include addition and withdrawals of gymnasts, changes to rotations, changes to judges rosters. Gymnastics Victoria and the Host club will endeavour to keep start and end time changes to a minimum, however we can not guarantee this.

Doors will open to competitors 5 minutes prior to the start of general warm up of each sessions and spectators will be admitted once general warm has commenced.

### **ADDITIONAL EVENT INFORMATION:**

Floor music played via AUX cord

Car parks at the centre approx 40 - Street parking also available

70 spectators

Canteen and sausage sizzle

**SPECTATOR ADMISSION:**

**Adults:**

**\$5**

**Child:**

**\$2**



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SESSION 1: 4:00PM					Floor Manager ONLY	
GENERAL WARM UP					15	
WELCOME AND INTRODUCTION					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Highett Youth Club	Halos Level 4	10	Balance Beam		
			10		30	
2	BTYC Gymnastics	Halos Level 4	6	Parallel Bars		
			6		18	
3	Funtastic Gymnastics	Halos Level 4	7	Uneven Bars		
	Balwlyn Gymnastics	Halos Level 4	1			
			8		24	
4	swan hill gymnastics	Halos Level 4	9	Still Rings		
			9		27	
5				Floor		
			0		0	
6				Vault		
			0			
AWARDS					30	
CONCLUSION 7:00PM					149	

Expected Number of Gymnasts	33
Actual Number of Gymnasts	



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SESSION 2: 8:00AM					Floor Manager ONLY	
GENERAL WARM UP					15	
WELCOME AND INTRODUCTION					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Highett Youth Club	Neutrons L2	6	Balance Beam		
	swan hill gymnastics club	Neutrons L2	4			
			10		30	
2	Melbourne Gymnastics centre	Neutrons L2	9	Parallel Bars		
			9		27	
3	BTYC Gymnastics	Neutrons L2	4	Uneven Bars		
	Loreto Gymnastics Club	Halos Level 4	5			
			9		27	
4	BTYC Gymnastics	Neutrons L2	10	Still Rings		
			10		30	
5	Balwlyn Gymnastics Club	Neutrons L1	2	Floor		
	Balwlyn Gymnastics Club	Neutrons L2	9			
			11		33	
6	Balwlyn Gymnastics Club	Neutrons L2	10	Vault		
			10		30	
AWARDS					30	
CONCLUSION 11:00AM					227	

Expected Number of Gymnasts			59
Actual Number of Gymnasts			



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SESSION 3: 11:30AM					Floor Manager ONLY	
GENERAL WARM UP					15	
WELCOME AND INTRODUCTION					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARAT	TIMING (min)	ACTUAL # GYM
1	YMCA Phillip Island Gymnastics	Neutrons L2	9	Balance Beam		
			9		27	
2	BTYC Gymnastics	Neutrons L2	5	Parallel Bars		
	Kaygees Gymnastics	Neutrons L2	3			
	Kaygees Gymnastics	Neutrons L1	1			
			9		27	
3	BTYC Gymnastics	Neutrons L3	10	Uneven Bars		
			10		30	
4	Loreto Gymnastics	Neutrons L3	13	Still Rings		
			13		39	
5	Funtastic Gymnastics	Neutrons L3	8	Floor		
			8		24	
6	Melbourne Gymnastics centre	Neutrons L3	12	Vault		
			12		36	
AWARDS					30	
CONCLUSION 2:30PM					233	

Expected Number of Gymnasts	61
Actual Number of Gymnasts	



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SESSION 4: 3:00PM					Floor Manager ONLY	
GENERAL WARM UP					15	
WELCOME AND INTRODUCTION					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATU	TIMING (min)	ACTUAL # GYM
1	Highett Youth Club	Neutrons L3	10	Balance Beam		
			10		30	
2	Highett Youth Club	Neutrons L3	5	Parallel Bars		
	BTYC Gymnastics	Neutrons L3	4			
			9		27	
3	BTYC Gymnastics	Neutrons L3	10	Uneven Bars		
			10		30	
4	Balwlyn Gymnastics Club	Neutrons L3	10	Still Rings		
			10		30	
5	Balwlyn Gymnastics Club	Neutrons L3	11	Floor		
			11		33	
6	Kaygees Gymnastics Club	Neutrons L3	6	Vault		
	swan hill gymnastics club	Neutrons L3	4			
			10		30	
AWARDS					30	
CONCLUSION 6:00PM					230	

Expected Number of Gymnasts	60
Actual Number of Gymnasts	



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## JUDGES ROSTER

APPARATUS	SESSION 1 (SAT 29TH)	SESSION 2
	LEVELS	LEVELS
Balance Beam	Chloe Boul (HYC)	Emma Luxford (Kaygees)
Parallel Bars	Zoe Firth (Funtastic)	Bridget O'Donnell (BTYC)
Uneven Bars	Alicia West (Balwyn)	Sarah O'Malley (Balwyn)
Still Rings	Judges Names Here	Lauren Eccles (MGC)
Floor	Cassie Robinson (BTYC)	Tayla Kent (HYC)
Vault	Rachael Czmok (Swan Hill)	Tamara Hoare (Swan Hill)

APPARATUS	SESSION 3	SESSION 4
	LEVELS	LEVELS
Balance Beam	Tamara Hoare (Swan Hill)	Tegan Turnstall (Funtastic)
Parallel Bars	Lauren Eccles (MGC)	April Wilson (Balwyn)
Uneven Bars	Bridget O'Donnell (BTYC)	Tamara Hoare (Swan Hill)
Still Rings	Sarah O'Malley (Balwyn)	Bridget O'Donnell (BTYC)
Floor	Tayla Kent (HYC)	Sarah O'Malley (Balwyn)
Vault	Emma Luxford (Kaygees)	Taetia Coghill (HYC)

**Thank you to all the judges for being part of this Gymstar competition, please note the following:**

- Please remember that you must have a current and valid Working With Children Check or GV approved equivalent to gain access to the competition floor
- If there is anything you need assistance with prior to or on the day of the event, please discuss with floor manager
- Please ensure you have read the Gymstar judges manual.
- Judges honorarium \$70 per session. Please note: if judges are sitting with another judge to gain confidence they will not be paid.