



**Gymnastics
Victoria
Events**

Gymstar Gymnastics

www.gymnasticsvictoria.org.au

WORK ORDER VERSION 1

**Aerodynamix Gymnastics Gymstar Event
Level 3 Neutrons, 4-6 Halos & 7-10 Titans**

**Saturday 12th and Sunday 13th August 2023
Aerodynamix Gymnastics
Unit 8/97 Lewis Road, Wantirna South, 3115**

Welcome to this Gymstar Gymnastics Event

Thank you to all the judges for being part of this Gymstar competition

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

If coaches and judges need any assistance on the day, please contact the GV floor manager

Please note further versions of the workorder may follow if 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.

ADDITIONAL EVENT INFORMATION:

We ask that a maximum of 1 spectator per athlete attends the event to ensure a comfortable environment is maintained and all athletes can have someone supporting them in the crowd.

For competitors and spectators, doors will open strictly 10 minutes prior to the start of each session. We request no early arrivals to ensure smooth flow of traffic. The venue will be cleared of all participants and spectators between each session to allow staff to reset the venue.

The canteen will open at the beginning of the first rotation and close at the beginning of the last rotation.

Coaches and club officials, please refer to the 'information for clubs letter'

SPECTATOR ADMISSION:

Adults:

\$0

Concession:

\$0

Session 1 Blue		LEVEL 3 Neutrons			Saturday Session Start: 10am Conclusion: 1:30pm	
GENERAL WARM UP					15 minutes	
WELCOME AND INTRODUCTION					10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM	
1	Aerodynamix Pink	3	5	BEAM		
	Total # Gymnasts		5			
2	Aerodynamix Silver	3	5	FLOOR		
	Total # Gymnasts		5			
3	Kaygees Gold	3	4	UNEVEN BARS		
	Total # Gymnasts		4			
4	Nunawading Yellow	3	4	PARALLEL BARS		
	Nunawading Black	3	3			
	Total # Gymnasts		7			
5	Knox Blue	3	5	VAULT		
	Total # Gymnasts		5			
6	Aerodynamix Blue	3	5	RINGS		
	Total # Gymnasts		5			
ROTATION/APPARATUS DURATION					Approx 25 minutes	
AWARDS					30 minutes	
TOTAL COMP DURATION					3.5 hours	
		Expected Number of Gymnasts			31	
		Actual Number of Gymnasts				

Session 1 Yellow		LEVEL 3 Neutrons			Saturday Session Start: 10am Conclusion: 1:30pm	
GENERAL WARM UP					15 minutes	
WELCOME AND INTRODUCTION					10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM	
1	Aerodynamix Purple	3	5	BEAM		
	Total # Gymnasts		5			
2	Aerodynamix Yellow	3	4	FLOOR		
	Aerodynamix Green	3	4			
	Total # Gymnasts		8			
3	Aqauhub	3	5	UNEVEN BARS		
	Total # Gymnasts		5			
4	Nunawading Silver	3	5	PARALLEL BARS		
	Total # Gymnasts		5			
5	Knox Red	3	5	VAULT		
	Total # Gymnasts		5			
6	Aerodynamix White	3	5	RINGS		
	Total # Gymnasts		5			
ROTATION/APPARATUS DURATION					Approx 25 minutes	
AWARDS					30 minutes	
TOTAL COMP DURATION					3.5 hours	
		Expected Number of Gymnasts				33
		Actual Number of Gymnasts				

Session 2	LEVEL 5 HALOS			Saturday Session Start: 2:00pm Conclusion: 5:00pm	
GENERAL WARM UP				15 minutes	
WELCOME AND INTRODUCTION				10 minutes	
ROTATION	CLUB/TEAM	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM
1	Aerodynamix Blue	5 Halos	4	BEAM	
	Aerodynamix White	5 Halos	4		
	Total # Gymnasts		8		
2	Twisters Purple	5 Halos	3	FLOOR	
	Twisters Black	5 Halos	4		
	Total # Gymnasts		7		
3	Balance	5 Halos	2	UNEVEN BARS	
	Highett Blue	5 Halos	5		
	Total # Gymnasts		7		
4	Aerodynamix Yellow	5 Halos	4	PARALLEL BARS	
	Highett White	5 Halos	5		
	Total # Gymnasts		9		
5	Knox Blue	5 Halos	3	VAULT	
	Knox Red	5 Halos	3		
	Bayside Black	5 Halos	3		
	Total # Gymnasts		9		
6	Edge Silver	5 Halos	3	RINGS	
	Edge Lime	5 Halos	3		
			6		
ROTATION/APPARATUS DURATION				20 minutes	
AWARDS				30 minutes	
TOTAL COMP DURATION				3 hours	
		Expected Number of Gymnasts			46
		Actual Number of Gymnasts			

Session 3 Blue		LEVEL 6 HALOS			Saturday Session Start: 5:30pm Conclusion: 9:00pm	
GENERAL WARM UP					15 minutes	
WELCOME AND INTRODUCTION					10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM	
1	Aerodynamix Silver	6 Halos	4	BEAM		
	Aerodynamix Yellow	6 Halos	4			
	Total # Gymnasts		8			
2	Aerodynamix White	6 Halos	5	FLOOR		
	Total # Gymnasts		5			
3	Highett White	6 Halos	4	UNEVEN BARS		
	Highett Blue	6 Halos	4			
	Total # Gymnasts		8			
4	Balwyn Purple	6 Halos	4	PARALLEL BARS		
	Total # Gymnasts		4			
5	Funtastic Sapphires	6 Halos	4	VAULT		
	Total # Gymnasts		4			
6	YMCA Phillip Island Pearls	6 Halos	4	RINGS		
			4			
ROTATION/APPARATUS DURATION					25 minutes	
AWARDS					30 minutes	
TOTAL COMP DURATION					3.5 hours	
		Expected Number of Gymnasts			33	
		Actual Number of Gymnasts				

Session 3 Yellow		LEVEL 6 HALOS			Saturday Session Start: 5:30pm Conclusion: 9:00pm	
GENERAL WARM UP					15 minutes	
WELCOME AND INTRODUCTION					10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM	
1	Edge	6 Halos	5	BEAM		
	Total # Gymnasts		5			
2	Aerodynamix Blue	6 Halos	5	FLOOR		
	Total # Gymnasts		5			
3	BTYC	6 Halos	3	UNEVEN BARS		
	Total # Gymnasts		3			
4	Balwyn Silver	6 Halos	4	PARALLEL BARS		
	Balwyn Black	6 Halos	4			
	Total # Gymnasts		8			
5	Funtastic Ruby	6 Halos	4	VAULT		
	Balance	6 Halos	3			
	Total # Gymnasts		7			
6	YMCA Phillip Island Diamonds	6 Halos	5	RINGS		
			5			
ROTATION/APPARATUS DURATION					25 minutes	
AWARDS					30 minutes	
TOTAL COMP DURATION					3.5 hours	
		Expected Number of Gymnasts			33	
		Actual Number of Gymnasts				

Session 4 Blue		LEVEL 4 HALOS			Sunday Session Start: 7am Conclusion: 11am	
GENERAL WARM UP					15 minutes	
WELCOME AND INTRODUCTION					10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM	
1	Aerodynamix Blue	4 Halos	5	BEAM		
	Total # Gymnasts		5			
2				FLOOR		
	Total # Gymnasts		5			
3	Knox Red	4	3	UNEVEN BARS		
	Knox Blue	4	5			
	Total # Gymnasts		8			
4	Eastern Black	4	4	PARALLEL BARS		
	Eastern Blue	4	4			
	Total # Gymnasts		8			
5	Eastern Silver	4	5	VAULT		
	Total # Gymnasts		5			
6	Twisters Violet	4	5	RINGS		
	Twisters Black	4	4			
	Total # Gymnasts		9			
ROTATION/APPARATUS DURATION					Approx 30 mins	
AWARDS					30 minutes	
TOTAL COMP DURATION					4 hours	
		Expected Number of Gymnasts			40	
		Actual Number of Gymnasts				

Session 4 Yellow		LEVEL 7 TITANS			Sunday Session Start: 7am Conclusion: 11am	
GENERAL WARM UP				15 minutes		
WELCOME AND INTRODUCTION				10 minutes		
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM	
1	Balwyn Purple	7 Titans	5	BEAM		
	Balwyn Black	7 Titans	4			
	Total # Gymnasts		9			
2	CYC Green	7 Titans	5	FLOOR		
	CYC Blue	7 Titans	5			
	Total # Gymnasts		10			
3	Knox	7 Titans	4	UNEVEN BARS		
	Total # Gymnasts		4			
4	MGC Purple	7 Titans	5	PARALLEL BARS		
	MGC Blue	7 Titans	4			
	Total # Gymnasts		9			
5	Eastern	7 Titans	5	VAULT		
	Total # Gymnasts		5			
6	Nunawading White	7 Titans	2	RINGS		
	HYC Blue	7 Titans	3			
	Total # Gymnasts		5			
ROTATION/APPARATUS DURATION				Approx 30 mins		
AWARDS				30 minutes		
TOTAL COMP DURATION				4 hours		
		Expected Number of Gymnasts			42	
		Actual Number of Gymnasts				

Session 5 Blue		LEVEL 4 HALOS			Sunday Session Start: 11:30am Conclusion: 3:30pm	
GENERAL WARM UP					15 minutes	
WELCOME AND INTRODUCTION					10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM	
1	Kaygees Red	4 Halos	2	BEAM		
	Koala	4 Halos	2			
	Total # Gymnasts		4			
2	Aerodynamix Yellow	4	4	FLOOR		
	Aerodynamix White	4	4			
	Total # Gymnasts		8			
3	Banyule YMCA Redbacks	4 Halos	4	UNEVEN BARS		
	Banyule YMCA Whitetails	4 Halos	5			
	Total # Gymnasts		9			
4	Twisters Mauve	4 Halos	5	PARALLEL BARS		
	Twisters Lilac	4 Halos	4			
	Total # Gymnasts		9			
5	Aerodynamix Green	4 Halos	3	VAULT		
	Aerodynamix Silver	4 Halos	5			
	Total # Gymnasts		8			
6				RINGS		
	Total # Gymnasts		0			
ROTATION/APPARATUS DURATION					Approx 30 minutes	
AWARDS					30 minutes	
TOTAL COMP DURATION					4 hours	
		Expected Number of Gymnasts			38	
		Actual Number of Gymnasts				

Session 5 Yellow		LEVEL 7 TITANS			Sunday Session Start: 11:30am Conclusion: 3:30pm	
GENERAL WARM UP					15 minutes	
WELCOME AND INTRODUCTION					10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM	
1	Kaygees Gold	7 Titans	5	BEAM		
	Total # Gymnasts		5			
2	Niddrie Navy	7 Titans	4	FLOOR		
	Niddrie White	7 Titans	4			
	Total # Gymnasts		8			
3	Twisters	7 Titans	3	UNEVEN BARS		
	Edge	7 Titans	4			
	Total # Gymnasts		7			
4	BTYC Yellow	7 Titans	4	PARALLEL BARS		
	Aquahub	7 Titans	2			
	Total # Gymnasts		6			
5	Aerodynamix Yellow	7 Titans	5	VAULT		
	Aerodynamix Blue	7 Titans	4			
	Total # Gymnasts		9			
6	MLC Silver	7 Titans	5	RINGS		
	MLC Green	7 Titans	4			
	Total # Gymnasts		9			
ROTATION/APPARATUS DURATION					Approx 30 minutes	
AWARDS					30 minutes	
TOTAL COMP DURATION					4 hours	
		Expected Number of Gymnasts			44	
		Actual Number of Gymnasts				

Session 6 Blue		LEVEL 8 TITANS		Sunday Session Start: 4:00pm Conclusion: 8:00pm	
GENERAL WARM UP				15 minutes	
WELCOME AND INTRODUCTION				10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM
1	Balwyn Silver	8 Titans	4	BEAM	
	Niddrie	8 Titans	5		
	Total # Gymnasts		9		
2	MGC Blue	8 Titans	5	FLOOR	
	Bayside	8 Titans	2		
	Total # Gymnasts		7		
3	MLC Silver	8 Titans	3	UNEVEN BARS	
	MLC Green	8 Titans	4		
	Total # Gymnasts		7		
4	Eastern	8 Titans	5	PARALLEL BARS	
	Edge	8 Titans	3		
	Total # Gymnasts		8		
5	Highett Blue	8 Titans	3	VAULT	
	Highett White	8 Titans	3		
	Total # Gymnasts		6		
6	Kaygees Red	8 Titans	1	RINGS	
	Twisters	8 Titans	5		
	CYC	8 Titans	1		
	Total # Gymnasts		7		
ROTATION/APPARATUS DURATION				Approx 30 minutes	
AWARDS				30 minutes	
TOTAL COMP DURATION				4 hours	
		Expected Number of Gymnasts			44
		Actual Number of Gymnasts			

Session 6 Yellow		LEVEL 9 & 10 TITANS		Sunday Session Start: 4:00pm Conclusion: 8:00pm	
GENERAL WARM UP				15 minutes	
WELCOME AND INTRODUCTION				10 minutes	
ROTATION	CLUB	LEVEL	# OF GYMNASTS	1ST APPARATUS	ACTUAL # GYM
1	Balwyn Purple	9 Titans	4	BEAM	
	Casey Red	10 Titans	2		
	Total # Gymnasts		6		
2	MGC Purple	9 Titans	4	FLOOR	
	MGC Purple	10 Titans	1		
	Total # Gymnasts		5		
3	MLC Green	9 Titans	1	UNEVEN BARS	
	MLC Green	9 Titans	2		
	Nunawading Black	9 Titans	4		
	Total # Gymnasts		7		
4	Eastern Blue	9 Titans	1	PARALLEL BARS	
	Eastern Blue	10 Titans	2		
	Edge	9 Titans	3		
	Total # Gymnasts		6		
5	Aerodynamix	10 Titans	4	VAULT	
	Balance	10 Titans	3		
	Total # Gymnasts		7		
6	Kaygees Red	9 Titans	2	RINGS	
	Twisters	9 Titans	1		
	CYC	10 Titans	3		
	Total # Gymnasts		6		
ROTATION/APPARATUS DURATION				Approx 30 minutes	
AWARDS				30 minutes	
TOTAL COMP DURATION				4 hours	
		Expected Number of Gymnasts			37
		Actual Number of Gymnasts			



	Session 1 Saturday 10am-1:30pm Level 3 Halos	Session 2 Saturday 2:00-5:00pm Level 5 Halos	Session 3 Saturday 5:30-8:30pm Level 6 Halos	Session 4 Sunday 7-11am Level 4 Halos	Session 5 Sunday 11:30-3:30pm Level 4 Halos	Session 6 Sunday 4:00-8:00pm Level 8 Titans
Beam	Beth Code	Beth Code	Jasmine Prior - Edge	Charlotte Thornton - Aquahub	Charlotte Thornton - Aquahub	Katrina Aldington - Bayside Charlotte Thornton - Aquahub
Bars	Brooke Jarry	Beth Ollington - Aerodynamix	Sarah O'Malley - Balwyn	Caitlin Robertson - Aerodynamix	Emma Jin - Kaygees	Anna-Maria Rabottini - Bayside Mietta Pooley - Edge
Floor	Rach Gayther - Aerodynamix	Brooke Jarry	Brooke Jarry - Funtastic	Amelia Dimase - Twisters	Amelia Dimase - Twisters	Amelia Dimase - Twisters Matthew Payne - Banyule
Vault	Mollie Moloney - Twisters	Mollie Moloney - Twisters	Mollie Moloney - Twisters	Ella Drost - Aerodynamix	April Wilson - Balwyn	Keira Fraser- Aerodynamix Bridget O'Donnel - BTYC
Rings	Samuel Shorthouse	Tammy Hart	Tammy Hart	Emma Jin - Kaygees	Tayla Kent - HYC	Sam Shorthouse Tayla Kent - HYC
Parrallel Bars	Katelyn Hare - Aerodynamix	Harry Fortune	Chloe Boul - HYC	Hannah Phillips - Twisters	Hannah Phillips - Twisters	Sophie Hemus- Casey Hannah Phillips - Twisters
	Session 1 Saturday 10am-1:30pm Level 3 Halos		Session 3 Saturday 5:30-8:30pm Level 6 Halos	Session 4 Sunday 7-11am Level 7 Titans	Session 5 Sunday 11:30-3:30pm Level 7 Titans	Session 6 Sunday 4:00-8:00pm Level 9-10 Titans
Beam	Amber Hansen - Nunawading		Emily Liddle - HYC	Tayla Kent - HYC April Wilson - Balwyn	Lisa Horn - Aerodynamix Charlee Harvey - Edge	Amelia Howey - CYC TBC
Bars	Tammy Hart		Lisa Horn - Aerodynamix	Lisa Horn - Aerodynamix Amelia Howey - CYC	Katy Vulich - MLC Amelia Howey - CYC	Lisa Horn - Aerodynamix Charlee Harvey - Edge
Floor	Arwen Wilson - Knox		Bridget O'Donnel - BTYC	Ange Bennett - MLC Keira Fraser- Aerodynamix	Ange Bennett - MLC Bridget O'Donnel - BTYC	Ange Bennett - MLC Luke Zellner - Knox
Vault	Teagan Venour - Nunawading		Jordan Rodgers - GV	Samuel Shorthouse Catherine Day - MGC	Samuel Shorthouse Mietta Pooley - Edge	Rach Gayther- Aerodynamix Arwen Wilson - Knox
Rings	Sara-Rose Lock- Aerodynamix		Beth Code - GV	Rohan Ritchie - Eastern Beth Ollington - Aerodynamix	Rohan Ritchie - Eastern Luke Zellner - Knox	Rohan Ritchie - Eastern TBC
Parrallel Bars	Harry Fortune		Harry Fortune - GV	Harry Fortune Teagan Venour - Nunawading	Harry Fortune Catherine Day - MGC	Harry Fortune - GV TBC

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.