



**Gymnastics
Victoria
Events**

Gymstar Gymnastics

www.gymnasticsvictoria.org.au

Knox Gymnastics Club L1-3 Neutrons & 4 Halos

Sunday 3rd September

Knox Gymnastics Club

4 Mossfield Avenue, Ferntree Gully, Vic, 3156

GYMSTAR WORK ORDER VERSION 1

Welcome to this Gymstar Gymnastics Event

Thank you Knox Gymnastics

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

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:

Canteen with hot food, snacks and drinks available

Car park fits 40-50 cars, overflow street parking available on Mossfield Avenue

Aux cable available for Floor music

EFTPOS and cash allowed for spectator entry

SPECTATOR ADMISSION:

Adults:

\$5

Concession:

\$2



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SESSION 1:		Level 3 Neutrons & Level 4 Halos				Floor Manager ONLY	
GENERAL WARM UP: 8:00am						15	
WELCOME AND INTRODUCTION: 8:15am						5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM	
1	Knox Gymnastics Club	Halos Level 4	10	Vault			
			10		30		
2	Aerodynamix Gymnastics	Halos Level 4	6	Balance Beam			
	Balwlyn Gymnastics Club	Halos Level 4	3				
			9		27		
3	Balwlyn Gymnastics Club	Neutrons L3	12	Parallel Bars			
			12		36		
4	Nunawading Gymnastics and Sports Club	Neutrons L3	13	Floor			
			13		39		
5	Nunawading Gymnastics and Sports Club	Halos Level 4	5	Still Rings			
	Reach Gymnastics	Halos Level 4	4				
			9		27		
6	Funtastic Gymnastics	Neutrons L3	8	Uneven Bars			
		Halos Level 4	5				
			13		39		
AWARDS		11:30				20	
CONCLUSION		11:45				238	

Expected Number of Gymnasts			66
Actual Number of Gymnasts			



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SESSION 2: Level 3 Neutrons					Floor Manager ONLY	
GENERAL WARM UP: 12pm					15	
WELCOME AND INTRODUCTION: 12:15pm					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Knox Gymnastics Club	Neutrons L3	11	Vault		
			11		33	
2	BTYC Gymnastics	Neutrons L3	10	Balance Beam		
			10		30	
3	BTYC Gymnastics	Neutrons L3	10	Parallel Bars		
			10		30	
4	BTYC Gymnastics	Neutrons L3	9	Floor		
			9		27	
5	Reach Gymnastics	Neutrons L3	13	Still Rings		
			13		39	
6	Reach Gymnastics	Neutrons L3	12	Uneven Bars		
			12		36	
AWARDS: 3:30pm					20	
CONCLUSION: 3:45pm					235	

Expected Number of Gymnasts	65
Actual Number of Gymnasts	



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SESSION 2 Level 1 & 2 Neutrons					Floor Manager ONLY	
GENERAL WARM UP: 4pm					15	
WELCOME AND INTRODUCTION: 4:15pm					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	BTYC Gymnastics	Neutrons L2	11	Vault		
			11		33	
2	BTYC Gymnastics	Neutrons L2	12	Balance Beam		
			12		36	
3	Diamond Gymnastics Club	Neutrons L2	6	Parallel Bars		
			6		18	
4	Eastern Gymnastics Club	Neutrons L1	3	Floor		
	Eastern Gymnastics Club	Neutrons L2	7			
			10		30	
5	Balwyn Gymnastics Club	Neutrons L1	1	Still Rings		
	Balwyn Gymnastics Club	Neutrons L2	8			
			9		27	
6	Funtastic Gymnastics	Neutrons L2	6	Uneven Bars		
	Kaygees Gymnastics Club	Neutrons L2	2			
	Kaygees Gymnastics Club	Neutrons L1	2			
			10		30	
AWARDS: 7:30pm					20	
CONCLUSION: 7:45					214	

Expected Number of Gymnasts	58
Actual Number of Gymnasts	



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JUDGES ROSTER

APPARATUS	SESSION 1	SESSION 2	SESSION 3
	LEVELS	LEVELS	LEVELS
Uneven Bars	Lisa Horn (Aerodynamix)	Arwen Wilson (Knox)	Grace Lepore (Eastern)
Balance Beam	Katja van Praag (Nunawardi)	Bridget O'Donnell (BTYC)	Carol James (Kaygees)
Floor	Carol James (Kaygees)	Cassie Robison (BTYC)	Cassie Robison (BTYC)
Vault	Briony Woods (Reach)	Jordan Rogers (Reach)	Holly Masur (Kaygees)
Still Rings	Zoe Firth (Funtastic)	Aqilah Zufkafli (Reach)	Sara McSweeney (Diamond)
Parallel Bars	Teagan Venour (Nunawardi)	Carol James (Kaygees)	Teagan Tunstall (Funtastic)

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.