



**Gymnastics**  
Victoria  
Events

**Gymstar Gymnastics**

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



## **LEVEL 1-3 Halos & 4 Titans**

**Sunday 10th September**

**Eastern Gymnastics Club**

**21 Clarice Road, Box Hill South**

### **GYMSTAR WORK ORDER VERSION 1**

*Welcome to this Gymstar Gymnastics Event*

*Thank you Eastern 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](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 work order 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.

### **ADDITIONAL EVENT INFORMATION:**

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.

Parking is available in our 2 carparks or on the surrounding streets. Our second carpark is located at 23-25 Clarice Rd. We will have our competition Café open during the sessions selling an array of coffee, cold drinks, snacks and hot food.

SPECTATOR ADMISSION:	Adults	\$7	Family	\$20
	Child	\$4		



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SESSION 1:		Level 1 Neutrons Level 2 Neutrons	Sunday 10th September	Warm Up - 8.30am Conclusion - 10.15	Manager ONLY	
GENERAL WARM UP					15	
WELCOME AND INTRODUCTION					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Eastern Gymnastics Club	Neutrons L1	11	Floor		
			11		33	
2	Eastern Gymnastics Club	Neutrons L2	12	Balance Beam		
			12		36	
3				Uneven Bars		
			0		0	
4				Vault		
			0		0	
5				Parallel Bars		
			0		0	
6				Still Rings		
			0		0	
AWARDS					20	
CONCLUSION		10.15am			109	

Expected Number of Gymnasts			23
Actual Number of Gymnasts			

SESSION 2: Level 3 Neutrons		Sunday 10th September	Warm up - 10.45am Conclusion - 1.15pm		Floor Manager ONLY	
GENERAL WARM UP					15	
WELCOME AND INTRODUCTION					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Casey Gymnastics - Cranbourne	Neutrons L3	8	Balance Beam		
			8		24	
2	Casey Gymnastics - Cranbourne	Neutrons L3	9	Still Rings		
			9		27	
3	Eastern Gymnastics Club	Neutrons L3	8	Vault		
			8		24	
4	Eastern Gymnastics Club	Neutrons L3	9	Parallel Bars		
			9		27	
5	Aquahub	Neutrons L3	4	Floor		
			4		12	
6				Uneven Bars		
			0		0	
AWARDS					20	
CONCLUSION 1.15pm					154	

Expected Number of Gymnasts	38
Actual Number of Gymnasts	



SESSION 2:	Level 4 Titans	Sunday 10th September	Warm up 1.45pm Conclusion - 4.15pm		Floor Manager ONLY	
GENERAL WARM UP					15	
WELCOME AND INTRODUCTION					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Eastern Gymnastics Club	Titans Level 4	10	Balance Beam		
			10		30	
2	Eastern Gymnastics Club	Titans Level 4	10	Still Rings		
			10		30	
3	BTYC Gymnastics	Titans Level 4	11	Vault		
			11		33	
4	Aquahub	Titans Level 4	4	Parallel Bars		
			4		12	
5				Floor		
			0		0	
6				Uneven Bars		
			0		0	
AWARDS					20	
CONCLUSION					145	

Expected Number of Gymnasts	35
Actual Number of Gymnasts	



## JUDGES ROSTER

APPARATUS	SESSION 1	SESSION 2	SESSION
	LEVELS 1 & 2	LEVEL 3 Halos	LEVE L4 Tiitans
Uneven Bars	Cameron Voigt (Eastern)	Cameron Voigt (Eastern)	Kirrilly Karabelas (Aquahub)
Balance Beam	Emily Parnell (Eastern)	Emily Parnell (Eastern)	Emily Parnell (Eastern)
Floor	Cameron Voigt (Eastern)	Adele Makings (Casey)	Bridget O'Donnell (BTYC)
Vault	Emily Parnell (Eastern)	Allysha Walls (Casey)	Cameron Voigt (Eastern)
Still Rings	Cameron Voigt (Eastern)	Kirrilly Karabelas (Aquahub)	
Parallel Bars	Emily Parnell (Eastern)		

**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.