



**Gymnastics
Victoria
Events**

Gymstar Gymnastics

www.gymnasticsvictoria.org.au

Gymstar 5-10 Titans

Sunday 8th October 2023

Eastern Gymnastics Club

21 Clarice Road, Box Hill South

GYMSTAR WORK ORDER VERSION 1

Welcome to this Gymstar Gymnastics Event

Thank you Eastern Gymnastics 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

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.

We will have our competition café open during the sessions selling an array of coffee, cold drinks, snacks & Hot food.

SPECTATOR ADMISSION:

Adults:

\$5

Concession:

\$2



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SESSION 1:		Level 5 Titans				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	Eastern Gymnastics Club	Titans Level 5	9	Floor			
			9		27		
2	Eastern Gymnastics Club	Titans Level 5	8	Balance Beam			
			8		24		
3	Nunawading Gymnastics and Sports Club	Titans Level 5	3	Uneven Bars			
	MLC Gymnastics Club	Titans Level 5	7				
			10		30		
4	BTYC	Titans Level 5	6	Vault			
	Leongatha Gymnastic Club - LEONGATHA, VIC	Titans Level 5	5				
			11		33		
5	Eclipse	Titans Level 5	8	Parallel Bars			
			8		24		
6	Eclipse	Titans Level 5	8	Still Rings			
			8		24		
AWARDS		10.45am				20	
CONCLUSION		11.05am				202	

Expected Number of Gymnasts			54
Actual Number of Gymnasts			

SESSION 2: Level 7-10 Titans					Floor Manager ONLY	
GENERAL WARM UP 11.30am					15	
WELCOME AND INTRODUCTION 11.45am					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Eastern	Titans Level 7	5	Floor		
	Leongatha	Titans Level 10	2			
			7		21	
2	BTYC	Titans Level 7	4	Balance Beam		
	Banyule YMCA	Titans Level 7	1			
			5		15	
3	Eastern	Titans Level 8	6	Uneven Bars		
		Titans Level 9	2			
		Titans Level 10	2			
			10		30	
4	Eclipse	Titans Level 8	5	Vault		
		Titans Level 10	5			
			10		30	
5	MLC Gymnastics Club	Titans Level 7	4	Parallel Bars		
		Titans Level 8	4			
			8		20	
6				Still Rings		
			0		20	
AWARDS 1.45pm					20	
2.30pm					176	

Expected Number of Gymnasts	40
Actual Number of Gymnasts	



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SESSION 2 Level 6 Titans					Floor Manager ONLY	
GENERAL WARM UP 3.00pm					15	
WELCOME AND INTRODUCTION 3.15pm					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Eastern	Titans Level 6	8	Floor		
			8		24	
2	BTYC	Titans Level 6	6	Balance Beam		
			6		18	
3	Nunawading	Titans Level 6	6	Uneven Bars		
	Leongatha	Titans Level 6	5			
			11		33	
4	MLC Gymnastics Club	Titans Level 6	9	Vault		
			9		27	
5	Banyule YMCA	Titans Level 6	8	Parallel Bars		
	Eclipse	Titans Level 6	2			
			10		30	
6	MLC Gymnastics Club	Titans Level 6	10	Still Rings		
			10		20	
AWARDS					20	
CONCLUSION 6:00pm					192	

Expected Number of Gymnasts	54
Actual Number of Gymnasts	



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JUDGES ROSTER

APPARATUS	SESSION 1 8AM - 11:05AM		SESSION 2 11:30AM - 2:30PM		SESSION 3 3PM - 6PM	
	LEVEL 5 TITANS		LEVELS 7-10 TITANS		LEVEL 6 TITANS	
Floor	Angela Bennett (MLC)	Samantha Hore (Bar)	Angela Bennett (MLC)	Samantha Hore (Bar)	Angela Bennett (MLC)	Samantha Hore (Bar)
Balance Beam	Sandy Slade (MLC)	TBC (Eastern)	Sandy Slade (MLC)	TBC (Eastern)	Zoe Mullenger (Eclipse)	TBC (Eastern)
Uneven Bars	Bridget O'Donnell (BTYC)	TBC (Eastern)	Bridget O'Donnell (BTYC)	TBC (Eastern)	Rebecca Lissenburg (Eclipse)	TBC (Eastern)
Vault	Rebecca Lissenburg (Eclipse)	TBC (Nunawading)	Zoe Mullenger (Eclipse)	TBC (Nunawading)	Zoe Mullenger (Eclipse)	TBC (Nunawading)
Parallel Bars	Catherine Day (Leongatha)	Judge Needed	Jordan McMaster (Eclipse)	Judge Needed	Bridget O'Donnell (BTYC)	Judge Needed
Still Rings	Jordan McMaster (Eclipse)	Judge Needed	Catherine Day (Leongatha)	Judge Needed	Catherine Day (Leongatha)	Judge Needed

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.