



**Gymnastics
Victoria
Events**

Gymstar Gymnastics

www.gymnasticsvictoria.org.au

Knox Gymnastics Club L3 Neutrons & L4-7 Halos

Sunday 8th October 2023

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 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.

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				Floor Manager ONLY	
GENERAL WARM UP: 8am						15	
WELCOME AND INTRODUCTION: 8:15am						5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM	
1	Knox Gymnastics Club	Neutrons L3	5	Vault			
	swan hill gymnastics club	Neutrons L3	2				
			7			21	
2	YMCA Geelong	Neutrons L3	4	Balance Beam			
	Diamond Gymnastics Club	Neutrons L3	3				
			7			21	
3	Diamond Gymnastics Club	Neutrons L3	8	Parallel Bars			
			8			24	
4	Highbett Youth Club	Neutrons L3	7	Floor			
			7			21	
5	Highbett Youth Club	Neutrons L3	7	Still Rings			
			7			21	
6	Knox Gymnastics Club	Neutrons L3	7	Uneven Bars			
			7			21	
AWARDS 11am						20	
CONCLUSION 11:15am						169	

Expected Number of Gymnasts			43
Actual Number of Gymnasts			



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SESSION 2 Level 6 & 7 Halos					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	Eureka Gymnastics Club	Halos Level 6	5	Vault		
	Eureka Gymnastics Club	Halos Level 7	2			
			7		21	
2	Brentwood Gymnastics Club	Halos Level 6	3	Balance Beam		
	Brentwood Gymnastics Club	Halos Level 7	3			
	Trident Gymnastics	Halos Level 6	1			
	Trident Gymnastics	Halos Level 7	2			
			9		27	
3	BUGS Gymnastics	Halos Level 7	4	Parallel Bars		
	Balance Gymnastics	Halos Level 7	4			
	Balance Gymnastics	Halos Level 6	2			
			10		30	
4	YMCA Geelong	Halos Level 6	5	Floor		
	YMCA Geelong	Halos Level 7	2			
			7		21	
5	Highett Youth Club	Halos Level 6	7	Still Rings		
	Knox Gymnastics Club	Halos Level 7	3			
			10		30	
6	YMCA Phillip Island Gymnastics	Halos Level 6	9	Uneven Bars		
			9		27	
AWARDS: 2:30pm					20	
CONCLUSION : 3pm					196	

Expected Number of Gymnasts	52
Actual Number of Gymnasts	



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SESSION 2: Level 4 & 5 Halos					Floor Manager ONLY	
GENERAL WARM UP: 3:30pm					15	
WELCOME AND INTRODUCTION: 3:45pm					5	
ROTATION	CLUB	LEVEL	NO OF GYMNASTS	1ST APPARATUS	TIMING (min)	ACTUAL # GYM
1	Knox Gymnastics Club	Halos Level 4	11	Vault		
			11		33	
2	YMCA Geelong	Halos Level 4	8	Balance Beam		
	YMCA Geelong	Halos Level 5	4			
			12		36	
3	Diamond Gymnastics Club	Halos Level 4	6	Parallel Bars		
	swan hill gymnastics club	Halos Level 4	3			
	swan hill gymnastics club	Halos Level 5	3			
			12		36	
4	Highbett Youth Club	Halos Level 5	4	Floor		
	Balance Gymnastics	Halos Level 5	3			
			7		21	
5	Knox Gymnastics Club	Halos Level 5	6	Still Rings		
	Trident Gymnastics	Halos Level 5	4			
			10		30	
6	BTYC Gymnastics	Halos Level 5	5	Uneven Bars		
	Reach Gymnastics	Halos Level 5	3			
			8		24	
AWARDS 7pm					20	
CONCLUSION: 7:30pm					220	

Expected Number of Gymnasts	60
Actual Number of Gymnasts	



JUDGES ROSTER

APPARATUS	SESSION 1	SESSION 2	SESSION 3
	L3	L4 & 5	L6 & 7
Uneven Bars	Arwen Wilson (Knox)	Bridget O'Donnell (BTYC)	TBC (Balance)
Balance Beam	Emma Miller (YMCA Geelong)	TBC (Trident)	Emma Miller (YMCA Geelong)
Floor	Sara McSweeney (Diamond)	Morgan Finnegan (Knox)	TBC (Brentwood)
Vault	Tamra Hoare (Swan Hill)	Emma Miller (YMCA Geelong)	TBC (Eureka)
Still Rings	Tayla Kent (HYC)	TBC (Balance)	Katya Borland (BUGS)
Parallel Bars	Sophie Varis (HYC)	TBC (Reach)	TBC (Trident)

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.