

# Gymnastics Australia



## WAG Competition Work Order

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# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Monday 22nd May **Session:** PODIUM TRAINING

**Division:** Level 10 Teams

**General Warm Up:** 7:25am - 8:15am  
**Apparatus Training:** 8:15am - 9:55am



<b>Rotation 1</b> 8:15am - 8:40am	A	B	C	D
<b>Rotation 2</b> 8:40am - 9:05am	D	A	B	C
<b>Rotation 3</b> 9:05am - 9:30am	C	D	A	B
<b>Rotation 4</b> 9:30am - 9:55am	B	C	D	A

**Group A:** VIC Team  
**Group B:** QLD Team  
**Group C:** WA Team & ACT  
**Group D:** NSW Team

**Date:** Monday 22nd May **Session:** PODIUM TRAINING

**Division:** Junior 14 & 15 - Senior International

**General Warm Up:** 9:55am - 10:10am  
**Apparatus Training:** 10:10am - 12:55pm



<b>Rotation 1</b> 10:10am - 10:43am	A	B	C	D	E
<b>Rotation 2</b> 10:43am - 11:16am	E	A	B	C	D
<b>Rotation 3</b> 11:16am - 11:49am	D	E	A	B	C
<b>Rotation 4</b> 11:49am - 12:22pm	C	D	E	A	B
<b>Rotation 5</b> 12:22pm - 12:55pm	B	C	D	E	A

**Group A:** WA & QAS  
**Group B:** VIC Group 1  
**Group C:** VIC Group 2  
**Group D:** NSW  
**Group E:** NZL + Delta



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Monday, 22 May 2017 **Session:** 2

**Division:** Level 7 & 8 Part 1 **Qualifications**

**General Warm Up:** 2:00pm  
**Apparatus Warm Up:** 2:30pm  
**Competition Start:** 3:30pm

**General Warm Up:** 2:00pm  
**Apparatus Warm Up:** 2:30pm  
**Competition Start:** 3:30pm

### Level 7

#### APPARATUS WARM UP



2:30pm	D	A	B	C
2:45pm	C	D	A	B
3:00pm	B	C	D	A
3:15pm	A	B	C	D
3:30pm				

15 Min Apparatus Warm up

#### COMPETITION ORDER



Rotation 1	A	B	C	D
Rotation 2	D	A	B	C
Rotation 3	C	D	A	B
Rotation 4	B	C	D	A

**Group A:** NSW (8)  
**Group B:** SA (8)  
**Group C:** NT (3)  
**Group D:** TAS (8)

### Level 8

#### APPARATUS WARM UP



2:30pm	D	A	B	C
2:45pm	C	D	A	B
3:00pm	B	C	D	A
3:15pm	A	B	C	D
3:30pm				

15 Min Apparatus Warm up

#### COMPETITION ORDER



Rotation 1	A	B	C	D
Rotation 2	D	A	B	C
Rotation 3	C	D	A	B
Rotation 4	B	C	D	A

**Group A:** WA (8)  
**Group B:** QLD (8)  
**Group C:** VIC (8)  
**Group D:** ACT (8)



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Monday, 22 May 2017 **Session:** 3

**Division:** Level 7 & 8 Part 2 & Level 10 (Groups 7 and 8) **Qualifications**

**General Warm Up:** 6:00pm  
**Apparatus Warm Up:** 6:30pm  
**Competition Start:** 7:30pm

**General Warm Up:** 6:00pm  
**Apparatus Warm Up:** 6:30pm  
**Competition Start:** 7:30pm

### Level 7

#### APPARATUS WARM UP



6:30pm	D	A	B	C
6:45pm	C	D	A	B
7:00pm	B	C	D	A
7:15pm	A	B	C	D
7:30pm				

15 Min Apparatus Warm up

#### COMPETITION ORDER



Rotation 1	A	B	C	D
Rotation 2	D	A	B	C
Rotation 3	C	D	A	B
Rotation 4	B	C	D	A

**Group A:** VIC (8)  
**Group B:** WA (8)  
**Group C:** ACT (8)  
**Group D:** QLD (8)

### Level 8 & Level 10 Individuals

#### APPARATUS WARM UP



6:30pm	D	A	B	C
6:45pm	C	D	A	B
7:00pm	B	C	D	A
7:15pm	A	B	C	D
7:30pm				

15 Min Apparatus Warm up

#### COMPETITION ORDER



Rotation 1	A	B	C	D
Rotation 2	D	A	B	C
Rotation 3	C	D	A	B
Rotation 4	B	C	D	A

**Group A:** Level 10 Individuals (Group 7) 3 QLD, 3 VIC, 1 NSW  
**Group B:** Level 10 Individuals (Group 8) 4 QLD, 4 VIC  
**Group C:** TAS & SA (6) (3) 9  
**Group D:** NSW (8)



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Tuesday 23rd May **Session:** PODIUM TRAINING

**Division:** Junior 13

General Warm Up: 7:30am - 7:50am  
Apparatus Training: 7:50am - 9:30am



Rotation 1 7:50am - 8:15am		B	C	D
Rotation 2 8:15am - 8:40am	D		B	C
Rotation 3 8:40am - 9:05am	C	D		B
Rotation 4 9:05am - 9:30am	B	C	D	

Group A:  
Group B: WA & QLD  
Group C: VIC & NZL  
Group D: NSW

**Date:** Monday 22nd May **Session:** PODIUM TRAINING

**Division:** Junior 14 & 15 - Senior International

General Warm Up: 9:05am - 9:30am  
Apparatus Training: 9:30am - 12:00pm



Rotation 1 9:30am - 10:00am	A	B	C	D	E
Rotation 2 10:00am - 10:30am	E	A	B	C	D
Rotation 3 10:30am - 11:00am	D	E	A	B	C
Rotation 4 11:00am - 11:30am	C	D	E	A	B
Rotation 5 11:30am - 12:00pm	B	C	D	E	A

Group A: NZL + Delta  
Group B: WA & QAS  
Group C: VIC Group 1  
Group D: VIC Group 2  
Group E: NSW



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:**

**Tuesday, 23 May 2017**

**Session:**

**5**





**Division:**

**Level 9 Team**

**Qualifications**





**General Warm Up:** 11:30am  
**Apparatus Warm Up:** 12:00pm  
**Competition Start:** 1:30pm

### APPARATUS WARM UP

			SPARE			SPARE
<b>12:00pm</b>	F	A	B	C	D	E
<b>12:15pm</b>	E	F	A	B	C	D
<b>12:30pm</b>	D	E	F	A	B	C
<b>12:45pm</b>	C	D	E	F	A	B
<b>1:00pm</b>	B	C	D	E	F	A
<b>1:15pm</b>	A	B	C	D	E	F
<b>1:30pm</b>						

15 mins Min Apparatus Warm up

### COMPETITION ORDER

			SPARE			SPARE
<b>Rotation 1</b>	A	B	C	D	E	F
<b>Rotation 2</b>	F	A	B	C	D	E
<b>Rotation 3</b>	E	F	A	B	C	D
<b>Rotation 4</b>	D	E	F	A	B	C
<b>Rotation 5</b>	C	D	E	F	A	B
<b>Rotation 6</b>	B	C	D	E	F	A

**Group A:** VIC (8)  
**Group B:** NSW (8)  
**Group C:** ACT (8)  
**Group D:** WA (6)  
**Group E:** QLD (8)  
**Group F:** SA (2) & TAS (5) 7



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Tuesday, 23 May 2017

**Session:** 6

**Division:** Level 10 Qualifications

General Warm Up: 5:00pm  
 Apparatus Warm Up: 5:30pm  
 Competition Start: 7:00pm

### APPARATUS WARM UP



 SPARE
 

 SPARE

5:30PM	F	A	B	C	D	E
5:45PM	E	F	A	B	C	D
6:00PM	D	E	F	A	B	C
6:15PM	C	D	E	F	A	B
6:30PM	B	C	D	E	F	A
6:45PM	A	B	C	D	E	F
7:00PM						

15 Min Apparatus Warm up

### COMPETITION ORDER



 SPARE
 

 SPARE

Rotation 1	A	B	C	D	E	F
Rotation 2	F	A	B	C	D	E
Rotation 3	E	F	A	B	C	D
Rotation 4	D	E	F	A	B	C
Rotation 5	C	D	E	F	A	B
Rotation 6	B	C	D	E	F	A

**Group A:** WA (5) & ACT (1)

**Group B:** NSW (6+2)

**Group C:** Individuals - Group 5      3 QLD, 3 VIC, 2 NSW

**Group D:** Individuals - Group 6      2 QLD, 3 VIC, 3 NSW

**Group E:** VIC (6+2)

**Group F:** QLD (6+2)



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Wednesday, 24 May 2017 **Session:** 7

**Division:** Level 7 All Around & Apparatus Finals

General Warm Up: 7:00am  
Apparatus Warm Up: 7:30am  
Competition Start: 8:30am

### APPARATUS WARM UP



7:30AM	D	A	B	C
7:45AM	C	D	A	B
8:00AM	B	C	D	A
8:15AM	A	B	C	D
8:30AM				

15 Min Apparatus Warm up

### COMPETITION ORDER



Rotation 1	A	B	C	D
Rotation 2	D	A	B	C
Rotation 3	C	D	A	B
Rotation 4	B	C	D	A

**Group A:** Rank: 3,2,1,8,7,6,5,4  
**Group B:** Rank: 11,10,9,16,15,14,13,12  
**Group C:** Rank: 19,18,17,24,23,22,21,20  
**Group D:** Rank: 27,26,25,32,31,30,29,28



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Wednesday, 24 May 2017

**Session:** 8

**Division:** Junior 14 & 15

**Team (Competition 1)**

General Warm Up: 11:50am  
Apparatus Warm Up: 12:15pm  
Competition Start: 1:30pm

### APPARATUS WARM UP



12:15pm	D	A	B	C	
12:33pm	C	D	A	B	
12:51pm	B	C	D	A	
1:09pm	A	B	C	D	
1:27pm					

18 Min Apparatus Warm up

### COMPETITION ORDER



Rotation 1	A	B	C	D	
Rotation 2	D	A	B	C	
Rotation 3	C	D	A	B	
Rotation 4	B	C	D	A	

**Group A:** WA (5) & QLD (4)  
**Group B:** VIC (6)  
**Group C:** NSW (8)  
**Group D:** NZL (6)



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Wednesday, 24 May 2017

**Session:** 9

**Division:** Senior International

**Team (Competition 1)**

**General Warm Up:** 5:10pm

**Apparatus Warm Up:** 5:30pm

**Competition Start:** 7:00pm

### APPARATUS WARM UP



	E	A	B	C	D
5:30PM	E	A	B	C	D
5:48PM	D	E	A	B	C
6:06PM	C	D	E	A	B
6:24PM	B	C	D	E	A
6:42PM	A	B	C	D	E
7:00PM					

18 Min Apparatus Warm up

### COMPETITION ORDER



Rotation 1	A	B	C	D	E
Rotation 2	E	A	B	C	D
Rotation 3	D	E	A	B	C
Rotation 4	C	D	E	A	B
Rotation 5	B	C	D	E	A

**Group A:** NSW (6) 6  
**Group B:** VIC Team(6) & (1) VIC Individuals 7  
**Group C:** NZL (5) 5  
**Group D:** WA (4) & QLD (3) 7  
**Group E:** VIC Individuals (7) 7



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:**

**Thursday, 25 May 2017**

**Session:**

**10**

**Division:**

**Level 8**

**All Around & Apparatus**

**General Warm Up:** 7:00am  
**Apparatus Warm Up:** 7:30am  
**Competition Start:** 8:30am

### APPARATUS WARM UP



7:30am	D	A	B	C
7:45AM	C	D	A	B
8:00AM	B	C	D	A
8:15AM	A	B	C	D
8:30AM				

15 Min Apparatus Warm up

### COMPETITION ORDER



Rotation 1	A	B	C	D
Rotation 2	D	A	B	C
Rotation 3	C	D	A	B
Rotation 4	B	C	D	A

**Group A:** Rank: 3,2,1,8,7,6,5,4  
**Group B:** Rank: 11,10,9,16,15,14,13,12  
**Group C:** Rank: 19,18,17,24,23,22,21,20  
**Group D:** Rank: 27,26,25,32,31,30,29,28



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Thursday, 25 May 2017 **Session:** 11

**Division:** Level 9 Finals & Level 10 Finals Part 1

**General Warm Up:** 11:40pm  
**Apparatus Warm Up:** 12:00pm  
**Competition Start:** 1:30pm

### APPARATUS WARM UP



 SPARE
 

 SPARE

12:00PM	F	A	B	C	D	E
12:15PM	E	F	A	B	C	D
12:30PM	D	E	F	A	B	C
12:45PM	C	D	E	F	A	B
1:00PM	B	C	D	E	F	A
1:15PM	A	B	C	D	E	F
1:30PM						

15 Min Apparatus Warm up

### COMPETITION ORDER



 SPARE
 

 SPARE

Rotation 1	A	B	C	D	E	F
Rotation 2	F	A	B	C	D	E
Rotation 3	E	F	A	B	C	D
Rotation 4	D	E	F	A	B	C
Rotation 5	C	D	E	F	A	B
Rotation 6	B	C	D	E	F	A

**Group A:** LEVEL 10 Rank: 51, 50, 49, 56, 55, 54, 53, 52  
**Group B:** LEVEL 9 Rank: 27,26,25,32,31,30,29,28  
**Group C:** LEVEL 10 Rank: 59, 58, 57, 61, 60  
**Group D:** LEVEL 9 Rank: 19,18,17,24,23,22,21,20  
**Group E:** LEVEL 9 Rank: 11,10,9,16,15,14,13,12  
**Group F:** LEVEL 9 Rank: 3,2,1,8,7,6,5,4



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Thursday, 25 May 2017

**Session:**

12

**Division:** Level 10 Finals Part 2

General Warm Up: 5:00pm  
Apparatus Warm Up: 5:30pm  
Competition Start: 7:00pm

### APPARATUS WARM UP

  SPARE   SPARE

5:30PM	F	A	B	C	D	E
5:45PM	E	F	A	B	C	D
6:00PM	D	E	F	A	B	C
6:15PM	C	D	E	F	A	B
6:30PM	B	C	D	E	F	A
6:45PM	A	B	C	D	E	F
7:00PM						

15 Min Apparatus Warm up

### COMPETITION ORDER

  SPARE   SPARE

Rotation 1	A	B	C	D	E	F
Rotation 2	F	A	B	C	D	E
Rotation 3	E	F	A	B	C	D
Rotation 4	D	E	F	A	B	C
Rotation 5	C	D	E	F	A	B
Rotation 6	B	C	D	E	F	A

**Group A:** Rank: 43, 42, 41, 48, 47, 46, 45, 44

**Group B:** Rank: 35, 34, 33, 40, 39, 38, 37, 36

**Group C:** Rank: 27, 26, 25, 32, 31, 30, 29, 28

**Group D:** Rank: 19, 18, 17, 24, 23, 22, 21, 20

**Group E:** Rank: 11, 10, 9, 16, 15, 14, 13, 12

**Group F:** Rank: 3, 2, 1, 8, 7, 6, 5, 4



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Friday, 26 May 2017

**Session:** 13

**Division:** IL 10 & Junior 13

**Competition 1**

General Warm Up: 6:50AM  
Apparatus Warm Up: 7:15AM  
Competition Start: 8:30 AM

### APPARATUS WARM UP



	E	A	B	C	D
7:15AM	E	A	B	C	D
7:30AM	D	E	A	B	C
7:45AM	C	D	E	A	B
8:00AM	B	C	D	E	A
8:15AM	A	B	C	D	E
8:30AM					

15 Min Apparatus Warm up

### COMPETITION ORDER



	A	B	C	D	E
Rotation 1	A	B	C	D	E
Rotation 2	E	A	B	C	D
Rotation 3	D	E	A	B	C
Rotation 4	C	D	E	A	B
Rotation 5	B	C	D	E	A

**Group A:** VIC (4) & WA (4) - Junior 13 8  
**Group B:** WA Team (3)+ (4) VIC Individuals - IL10 7  
**Group C:** NSW Team (6) - IL10 6  
**Group D:** VIC Team (6) - IL10 6  
**Group E:** NSW (5) QLD (1) & NZL (1) - Junior 13 7



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Friday, 26 May 2017

**Session:** 14

**Division:** Junior 14 & 15

**All Around & Team**

**General Warm Up:** 11:50am  
**Apparatus Warm Up:** 12:15pm  
**Competition Start:** 1:30pm

### APPARATUS WARM UP



12:15PM	D	A	B	C	
12:33PM	C	D	A	B	
12:51PM	B	C	D	A	
1:09PM	A	B	C	D	
1:27PM					

15 Min Apparatus Warm up

### COMPETITION ORDER



Rotation 1	A	B	C	D	
Rotation 2	D	A	B	C	
Rotation 3	C	D	A	B	
Rotation 4	B	C	D	A	

**Group A:** NZL (6) 6  
**Group B:** WA (5) & QLD (4) 9  
**Group C:** VIC (6) 6  
**Group D:** NSW (8) 8



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Friday, 26 May 2017

**Session:** 15

**Division:** Senior International

**Team & AA**

**General Warm Up:** 5:10pm

**Apparatus Warm Up:** 5:30pm

**Competition Start:** 7:00pm

### APPARATUS WARM UP

    SPARE

5:30PM	E	A	B	C	D
5:48PM	D	E	A	B	C
6:06PM	C	D	E	A	B
6:24PM	B	C	D	E	A
6:42PM	A	B	C	D	E
7:00PM					

18 Min Apparatus Warm up

### COMPETITION ORDER

    SPARE

Rotation 1	A	B	C	D	E
Rotation 2	E	A	B	C	D
Rotation 3	D	E	A	B	C
Rotation 4	C	D	E	A	B
Rotation 5	B	C	D	E	A

**Group A:** VIC Individuals (7) 7

**Group B:** NSW (6) 6

**Group C:** VIC Team (6) & (1) VIC Individuals 7

**Group D:** NZL (5) 5

**Group E:** WA (4) & QLD (3) 7



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Saturday, 27 May 2017

**Session:** 17

**Division:** IL 10 & Junior 13

**Competition 2**

General Warm Up: 12:00pm  
 Apparatus Warm Up: 12:15pm  
 Competition Start: 1:30pm

### APPARATUS WARM UP



Time	Vault	Bars	Beam	Floor	SPARE
12:15PM	E	A	B	C	D
12:30PM	D	E	A	B	C
12:45PM	C	D	E	A	B
1:00PM	B	C	D	E	A
1:15PM	A	B	C	D	E
1:30PM					

15 Min Apparatus Warm up

### COMPETITION ORDER



Rotation	Vault	Bars	Beam	Floor	SPARE
Rotation 1	A	B	C	D	E
Rotation 2	E	A	B	C	D
Rotation 3	D	E	A	B	C
Rotation 4	C	D	E	A	B
Rotation 5	B	C	D	E	A

<b>Group A:</b> NSW (5) QLD (1) & NZL (1) - Junior 13	7
<b>Group B:</b> VIC (4) & WA (4) - Junior 13	8
<b>Group C:</b> WA Team (3)+ (4) VIC Ind - IL10	7
<b>Group D:</b> NSW Team (6) - IL10	6
<b>Group E:</b> VIC Team (6) - IL10	6



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Saturday, 27 May 2017 **Session:** 18

**Division:** Junior 14 & 15 & Senior **Apparatus Finals Part 1**

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**General Warm Up:** 5:30pm  
**Apparatus Warm Up:** 6:00pm  
**Competition Start:** 7:00pm

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### **APPARATUS WARM UP**

Open apparatus warm up

### **COMPETITION ORDER**



Rot 1	A		B	
Rot 2			C	B
Rot 3		A		C

**Group A:** Senior  
**Group B:** Junior 15  
**Group C:** Junior 14



# 2017 AUSTRALIAN GYMNASTICS CHAMPIONSHIPS

## WOMEN'S ARTISTIC GYMNASTICS



**Date:** Sunday, 28 May 2017 **Session:** 18

**Division:** Junior 14 & 15 & Senior **Apparatus Finals Part 2**

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**General Warm Up:** 12:00pm  
**Apparatus Warm Up:** 12:30pm  
**Competition Start:** 1:30pm

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### APPARATUS WARM UP

Open apparatus warm up

### COMPETITION ORDER



Rot 1		B	A	
Rot 2	C			
Rot 3	B	C		A

**Group A:** Senior  
**Group B:** Junior 15  
**Group C:** Junior 14