



Date Tuesday 16 May 2023
 Session Session 3, Evening
 Level / Division Level 10

General Warm Up 5:00pm – 5:30pm
 Apparatus Warm Up 5:30pm – 5:55pm **With AER**
 Competition 6:00pm – 9:00pm
 Presentations N/A

Competition Floor Apparatus Warm Up (5 mins per group)

5:30pm – 5:35pm	Athletes 1 – 4	5:45pm – 5:50pm	Athletes 13 – 17
5:35pm – 5:40pm	Athletes 5 – 8	5:50pm – 5:55pm	Athletes 18 – 22
5:40pm – 5:45pm	Athletes 9 – 12	5:55pm – 6:00pm	Athletes 23 – 27

Comp #	First Name	Last Name	State		App 1	App 2
314	Tamara	Gibson	SA	1	○ 28	●
308	Mako	Inukai	QLD	2	● 29	○
321	Linley	Worth	WA	3	○ 30	●
316	Caitlin	Murphy	VIC	4	● 31	○
303	Hailey	Townsend	NSW	5	○ 32	●
301	Natalie	George	NSW	6	● 33	○
324	Olivia	Lin	NZL	7	○ 34	●
317	Zoey	Lin	VIC	8	● 35	○
312	Isabel	Macpherson	SA	9	○ 36	●
307	Camille	Neighbour	QLD	10	● 37	○
304	Alexandra	Recinos	NSW	11	○ 38	●
315	Natasha	Hennig	SA	12	● 39	○

































114	Charlotta-Emilia	Kozadaeva	VIC	12		34	
105	Sienna	Roy	QLD	13		35	
102	Vienna	Hovagimian	NSW	14		36	
119	Mina	Medic	WA	15		37	
101	Mia	Bosheski	NSW	16		38	
111	Yaroslava	Vladimirov	SA	17		39	
109	Emma	Wang	QLD	18		40	
117	Ailin	Mukuzhanova	WA	19		41	
112	Aleksandra	Stojanac	VIC	20		42	
118	Carine	Degtyar	WA	21		43	
106	Abby	Lee	QLD	22		44	

There will be a 10min break between rotations 1 and 2



**AUSTRALIAN
GYMNASTICS
CHAMPIONSHIPS**

305	Amy	Sanderson	NSW	13		40	
323	Kristina	Gorry	WA	14		41	
314	Tamara	Gibson	SA	15		42	
308	Mako	Inukai	QLD	16		43	
321	Linley	Worth	WA	17		44	
316	Caitlin	Murphy	VIC	18		45	
303	Hailey	Townsend	NSW	19		46	
301	Natalie	George	NSW	20		47	
324	Olivia	Lin	NZL	21		48	
317	Zoey	Lin	VIC	22		49	
312	Isabel	Macpherson	SA	23		50	
307	Camille	Neighbour	QLD	24		51	
304	Alexandra	Recinos	NSW	25		52	
315	Natasha	Hennig	SA	26		53	
326	Zoe	Parnell	NZL	27		54	

There will be a 10 min break between rotations 1 and 2



Date Thursday 18 May 2023
 Session PODIUM TRAINING
 Level / Division Junior International Group

General Warm Up 3:30pm (Training Hall)

Apparatus Training 4:15pm 4:55pm

Comp Floor Time	Names	Level	State	App 1	App 2
4:15pm 4:35pm	Erica Santana, Andrea Wang, Trinity Ferrer - Bucal, Klara Coburn, Serena Yoo & Mia Swift	Junior	QLD	1 U 6	●
4:35pm 4:55pm	Adrielle Nicole Espeleta, Imogene Tindall, Neala Wicomb, Sarah Bain & Teresa Li	Junior	NZL	2 U 7	●

There will be no music during competition floor podium training time. When not on the competition floor the second group can utilise the warm up floor out the back.



Date Friday 19 May 2023
 Session Session 1, Morning
 Level / Division Junior International

General Warm Up 8:30am – 9:00am
 Apparatus Warm Up 9:00am – 9:30am
 Competition 9:30am – 1:00pm
 Presentations N/A

With ACR - 2RG: 1ACR
 RG goes first

Competition Floor Apparatus Warm Up (5 mins per group)

9:00am – 9:05am Athletes 1 – 4 9:15am – 9:20am Athletes 13 – 17
 9:05am – 9:10am Athletes 5 – 8 9:20am – 9:25am Athletes 18 – 22
 9:10am – 9:15am Athletes 9 – 12 9:25am – 9:30am Athletes 23 – 26

Comp #	First Name	Last Name	State		App 1	App 2
410	Cara	Gavagna	NSW	1	○	●
419	Alicia	Tan	VIC	2	●	○
405	Sofia	Sibgatullina	QLD	3	○	●
425	Sarah	Bain	NZL	4	●	○
421	Abbey	Shackleton	WA	5	○	●
414	Sienna	Bujaroski	NSW	6	●	○
407	Dasha	Weston	SA	7	○	●
416	Eva	Gordienko	VIC	8	●	○
403	Sofia	Hemmings	QLD	9	○	●
423	Tenille	Pretorius	WA	10	●	○
424	Athena	Li	NZL	11	○	●
418	Georgia	Whitney	VIC	12	●	○



409	Lily	Coffey	NSW	13	○	39	●
404	Polina	Leonova	QLD	14	●	40	○
412	Alisa	Kochemazova	NSW	15	○	41	●
426	Aoi	Higashide	NZL	16	●	42	○
408	Ekaterina	Bogatyreva	SA	17	○	43	●
402	Sienna	Kim	NSW	18	●	44	○
413	Alina	Onis	NSW	19	○	45	●
417	Amber	Goldberg	VIC	20	●	46	○
401	LEONA	ASAHINA	NSW	21	○	47	●
406	Erica	Santana	QLD	22	●	48	○
415	Miyabi	Akiya	VIC	23	○	49	●
420	LILYANA	WALKER	VIC	24	●	50	○
422	Sascha	Loncar	WA	25	○	51	●
411	Elizaveta	Likhtareva	NSW	26	●	52	○

There will be a 10min break between rotations 1 and 2



Date Friday 19 May 2023
 Session Session 2, Afternoon
 Level / Division Senior International – Group 1

General Warm Up	1:30am – 2:00pm	
Apparatus Warm Up	2:00pm – 2:30pm	With ACR - 1RG:1ACR
Competition	2:30pm – 4:30pm	ACR goes first
Presentations	N/A	

Competition Floor Apparatus Warm Up (8 mins per group)

2:00pm – 2:08pm	Athletes 1 – 3	2:16pm – 2:24pm	Athletes 7 – 10
2:08pm – 2:16pm	Athletes 4 – 6		

Comp #	First Name	Last Name	State		App 1	App 2
504	Nicole	Huzevka	NSW	1	○ 11	●
505	Charlotte	Davidson	NSW	2	● 12	○
501	Georgia	Conway	NSW	3	○ 13	●
503	Hayley	Sanderson	NSW	4	● 14	○
507	Catherine	Lyndon	SA	5	○ 15	●
520	Emily	Sidaway	NZL	6	● 16	○
515	Bella	Ciupac	WA	7	○ 17	●
502	Isabella	Wang	NSW	8	● 18	○
519	Maria	Malkova	NZL	9	○ 19	●
510	Emmanouela	Frroku	NSW	10	● 20	○



Date Friday 19 May 2023
 Session Session 3, Evening
 Level / Division Senior International – Group 2

General Warm Up 5:00pm – 5:30pm
 Apparatus Warm Up 5:30pm – 6:00pm
 Competition 6:00pm – 8:30pm
 Presentations N/A

**With ACR - 1RG:1ACR
 ACR goes first**

Competition Floor Apparatus Warm Up (8 mins per group)

5:30pm – 5:38pm Athletes 1 – 3 5:46pm – 5:45pm Athletes 7 – 10
 5:38pm – 5:46pm Athletes 4 – 6

Comp #	First Name	Last Name	State		App 1	App 2
509	KAROLINA	GRINKO	NSW	1	○	11 ●
518	Kezia	Ho	NZL	2	●	12 ○
511	Asya	Seker	NSW	3	○	13 ●
516	Breanna	Hopper	WA	4	●	14 ○
506	Riana	Narushima	QLD	5	○	15 ●
517	Giorgia	Chin	WA	6	●	16 ○
512	Li-Lou	Burns-Gillet	NSW	7	○	17 ●
514	Alexandra	Eedle	NSW	8	●	18 ○
508	Ashari	Gill	VIC	9	○	19 ●
513	Alexandra	Kiroi-Bogatyreva	NSW	10	●	20 ○



Date Saturday 20 May 2023
 Session Session 1, Morning
 Level / Division Junior International

General Warm Up	8:00am – 8:30am	
Apparatus Warm Up	8:30am – 9:00am	With ACR
Competition	9:00am – 12:30pm	
Presentations	12:30pm	





























Competition Floor Apparatus Warm Up (5 mins per group)

8:30am – 8:35am	Athletes 1 – 4	8:45am – 8:50am	Athletes 13 – 17
8:35am – 8:40am	Athletes 5 – 8	8:50am – 8:55am	Athletes 18 – 22
8:40am – 8:45am	Athletes 9 – 12	8:55am – 9:00am	Athletes 23 – 26

Comp #	First Name	Last Name	State		App 1		App 2
404	Polina	Leonova	QLD	1		27	
412	Alisa	Kochemazova	NSW	2		28	
426	Aio	Higashide	NZL	3		29	
408	Ekaterina	Bogatyreva	SA	4		30	
402	Sienna	Kim	NSW	5		31	
413	Alina	Onis	NSW	6		32	
417	Amber	Goldberg	VIC	7		33	
401	LEONA	ASAHINA	NSW	8		34	
406	Erica	Santana	QLD	9		35	
415	Miyabi	Akiya	VIC	10		36	
420	LILYANA	WALKER	VIC	11		37	
422	Sascha	Loncar	WA	12		38	



**AUSTRALIAN
GYMNASTICS
CHAMPIONSHIPS**

411	Elizaveta	Likhtareva	NSW	13		39	
410	Cara	Gavagna	NSW	14		40	
419	Alicia	Tan	VIC	15		41	
405	Sofia	Sibgatullina	QLD	16		42	
425	Sarah	Bain	NZL	17		43	
421	Abbey	Shackleton	WA	18		44	
414	Sienna	Bujaroski	NSW	19		45	
407	Dasha	Weston	SA	20		46	
416	Eva	Gordienko	VIC	21		47	
403	Sofia	Hemmings	QLD	22		48	
423	Tenille	Pretorius	WA	23		49	
424	Athena	Li	NZL	24		50	
418	Georgia	Whitney	VIC	25		51	
409	Lily	Coffey	NSW	26		52	

There will be a 10 min break between routines 1 and 7























Date Saturday 20 May 2023
 Session Session 2, Afternoon
 Level / Division Senior International – Group 1

General Warm Up 1:00am – 1:30pm
 Apparatus Warm Up 1:30pm – 2:00pm **With ACR**
 Competition 2:00pm – 4:30pm
 Presentations 8:30pm

Competition Floor Apparatus Warm Up (8 mins per group)

1:30pm – 1:38pm Athletes 1 – 3 1:46pm – 1:54pm Athletes 7 – 10
 1:38pm – 1:46pm Athletes 4 – 6

Comp #	First Name	Last Name	State		App 1	App 2
504	Nicole	Huzevka	NSW	1		11 
505	Charlotte	Davidson	NSW	2		12 
501	Georgia	Conway	NSW	3		13 
503	Hayley	Sanderson	NSW	4		14 
507	Catherine	Lyndon	SA	5		15 
520	Emily	Sidaway	NZL	6		16 
515	Bella	Ciupac	WA	7		17 
502	Isabella	Wang	NSW	8		18 
519	Maria	Malkova	NZL	9		19 
510	Emmanouela	Frroku	NSW	10		20 





















Date Saturday 20 May 2023
 Session Session 3, Evening
 Level / Division Senior International – Group 2

General Warm Up 5:00pm – 5:30pm
 Apparatus Warm Up 5:30pm – 6:00pm **With ACR**
 Competition 6:00pm – 8:30pm
 Presentations 8:30pm

Competition Floor Apparatus Warm Up (8 mins per group)

5:30pm – 5:38pm Athletes 1 – 3 5:46pm – 5:45pm Athletes 7 – 10
 5:38pm – 5:46pm Athletes 4 – 6

Comp #	First Name	Last Name	State		App 1	App 2
509	KAROLINA	GRINKO	NSW	1		11 
518	Kezia	Ho	NZL	2		12 
511	Asya	Seker	NSW	3		13 
516	Breanna	Hopper	WA	4		14 
506	Riana	Narushima	QLD	5		15 
517	Giorgia	Chin	WA	6		16 
512	Li-Lou	Burns-Gillet	NSW	7		17 
514	Alexandra	Eedle	NSW	8		18 
508	Ashari	Gill	VIC	9		19 
513	Alexandra	Kiroi-Bogatyreva	NSW	10		20 



Date Sunday 21 May 2023
 Session Session 1, Morning
 Level / Division Junior & Senior International Group

General Warm Up 7:30am – 8:00am
 Apparatus Warm Up 8:00am – 8:30am **With ACR**
 Competition 8:30am – 11:00am
 Presentations 11:00am

Competition Floor Apparatus Warm Up (5 mins per group)

8:00am – 8:05am Group 1 8:15am – 8:20am Group 4
 8:05am – 8:10am Group 2 8:20am – 8:25am Group 5
 8:10am – 8:15am Group 3

Comp #	Names	Level	State		App 1	App 2
701	Erica Santana, Andrea Wang, Trinity Ferrer - Bucal, Klara Coburn, Serena Yoo & Mia Swift	Junior	QLD	1	U	6 ●
702	Adrielle Nicole Espeleta, Imogene Tindall, Neala Wicomb, Sarah Bain & Teresa Li	Junior	NZL	2	U	7 ●
705	Elizabeth Lee, Reina Santana, Millie Hintz, Mia Strachan & Bree Webster	Senior	QLD	3	O	8 ●
704	Ainsley Barker, Laura Gosling, Ashleigh Law, Tahlya Smith, Charlotte Wong & Angelina Boland	Senior	QLD	4	O	9 ●
703	Phoebe Learmont, Lidiia Iakovleva, Saskia Broedelet, Veronika Ushakova, Jamsine Reichhart & Jessica Weintraub	Senior	QLD	5	O	10 ●

There will be a 30 min break between rotations 1 & 2. There will be no additional apparatus warm up time between rotations.



Date Sunday 21 May 2023
 Session Session 2, Afternoon
 Level / Division Junior International Apparatus Finals

















General Warm Up	11:30am – 12:00pm	
Apparatus Warm Up	12:00pm – 12:30pm	With ACR
Competition	12:30pm – 4:00pm	
Presentations	4:00pm	

Competition Floor Apparatus Warm Up (6 mins per group)

12:00pm – 12:06pm	Hoop	12:12pm – 12:18pm	Clubs
12:06pm – 12:12pm	Ball	12:18pm – 12:24pm	Ribbon

First Name	Last Name	State	Apparatus	First Name	Last Name	State	Apparatus
ROTATION 1				ROTATION 2			
Junior Athlete 1	Hoop	TBC	○	Junior Athlete 1	Ball	TBC	●
Junior Athlete 2	Hoop	TBC	○	Junior Athlete 2	Ball	TBC	●
Junior Athlete 3	Hoop	TBC	○	Junior Athlete 3	Ball	TBC	●
Junior Athlete 4	Hoop	TBC	○	Junior Athlete 4	Ball	TBC	●
Junior Athlete 5	Hoop	TBC	○	Junior Athlete 5	Ball	TBC	●
Junior Athlete 6	Hoop	TBC	○	Junior Athlete 6	Ball	TBC	●
Junior Athlete 7	Hoop	TBC	○	Junior Athlete 7	Ball	TBC	●
Junior Athlete 8	Hoop	TBC	○	Junior Athlete 8	Ball	TBC	●



First Name	Last Name	State	Apparatus	First Name	Last Name	State	Apparatus
ROTATION 3				ROTATION 4			
Junior Athlete 1	Clubs	TBC		Junior Athlete 1	Ribbon	TBC	
Junior Athlete 2	Clubs	TBC		Junior Athlete 2	Ribbon	TBC	
Junior Athlete 3	Clubs	TBC		Junior Athlete 3	Ribbon	TBC	
Junior Athlete 4	Clubs	TBC		Junior Athlete 4	Ribbon	TBC	
Junior Athlete 5	Clubs	TBC		Junior Athlete 5	Ribbon	TBC	
Junior Athlete 6	Clubs	TBC		Junior Athlete 6	Ribbon	TBC	
Junior Athlete 7	Clubs	TBC		Junior Athlete 7	Ribbon	TBC	
Junior Athlete 8	Clubs	TBC		Junior Athlete 8	Ribbon	TBC	



Date Sunday 21 May 2023
 Session Session 2, Evening
 Level / Division Senior International Apparatus Finals

General Warm Up 4:30pm – 5:00pm
 Apparatus Warm Up 5:00pm – 5:30pm **With ACR**
 Competition 5:30pm – 8:00pm
 Presentations 8:00pm

Competition Floor Apparatus Warm Up (6 mins per group)




5:00pm – 5:06pm Hoop 5:12pm – 5:18pm Clubs
 5:06pm – 5:12pm Ball 5:18pm – 5:24pm Ribbon

First Name	Last Name	State	Apparatus	First Name	Last Name	State	Apparatus
ROTATION 1				ROTATION 2			
Senior Athlete 1	Hoop	TBC	○	Senior Athlete 1	Ball	TBC	●
Senior Athlete 2	Hoop	TBC	○	Senior Athlete 2	Ball	TBC	●
Senior Athlete 3	Hoop	TBC	○	Senior Athlete 3	Ball	TBC	●
Senior Athlete 4	Hoop	TBC	○	Senior Athlete 4	Ball	TBC	●
Senior Athlete 5	Hoop	TBC	○	Senior Athlete 5	Ball	TBC	●
Senior Athlete 6	Hoop	TBC	○	Senior Athlete 6	Ball	TBC	●

First Name	Last Name	State	Apparatus	First Name	Last Name	State	Apparatus
ROTATION 3				ROTATION 4			
Senior Athlete 1	Clubs	TBC	🔪	Senior Athlete 1	Ribbon	TBC	🌀
Senior Athlete 2	Clubs	TBC	🔪	Senior Athlete 2	Ribbon	TBC	🌀
Senior Athlete 3	Clubs	TBC	🔪	Senior Athlete 3	Ribbon	TBC	🌀
Senior Athlete 4	Clubs	TBC	🔪	Senior Athlete 4	Ribbon	TBC	🌀



**AUSTRALIAN
GYMNASTICS
CHAMPIONSHIPS**

Senior Athlete 5	Clubs	TBC		Senior Athlete 5	Ribbon	TBC	
Senior Athlete 6	Clubs	TBC		Senior Athlete 6	Ribbon	TBC	