



RG

Competition Work Order

Version 2

Published: 15 May, 2024

Podium Training Group 1

NSW, NZL & SA (Junior & Senior International)

Friday 17 May

Warm Up 11:00am – 11:45am
Routines 11:45am – 2:45pm

First Name	Last Name	State	Level		App 1	App 2	App 3	App 4			
Isabelle	Lee	NSW	Junior	1	Hoop	25	Ball	49	Clubs	73	Ribbon
Lily	Coffey	NSW	Junior	2	Ball	26	Clubs	50	Ribbon	74	Hoop
Sunni-Rose	Bright	NZL	Junior	3	Clubs	27	Ribbon	51	Hoop	75	Ball
Alina	Onis	NSW	Junior	4	Ribbon	28	Hoop	52	Ball	76	Clubs
Sienna	Bujaroski	NSW	Junior	5	Hoop	29	Ball	53	Clubs	77	Ribbon
BELLA	PASIN	SA	Junior	6	Ball	30	Clubs	54	Ribbon	78	Hoop
Sienna	Kim	NSW	Junior	7	Clubs	31	Ribbon	55	Hoop	79	Ball
Ekaterina	Bogatyreva	SA	Junior	8	Ribbon	32	Hoop	56	Ball	80	Clubs
Neala	Wicomb	NZL	Junior	9	Hoop	33	Ball	57	Clubs	81	Ribbon
Cherry	Zhu	NZL	Junior	10	Ball	34	Clubs	58	Ribbon	82	Hoop
Ava	Gearry	NZL	Junior	11	Clubs	35	Ribbon	59	Hoop	83	Ball
Dasha	Weston	SA	Junior	12	Ribbon	36	Hoop	60	Ball	84	Clubs
Victoria	Wei	NSW	Junior	13	Hoop	37	Ball	61	Clubs	85	Ribbon
Leona	Asahina	NSW	Junior	14	Ball	38	Clubs	62	Ribbon	86	Hoop
Catherine	Lyndon	SA	Senior	15	Clubs	39	Ribbon	63	Hoop	87	Ball
Alexandra	Eedle	NSW	Senior	16	Ribbon	40	Hoop	64	Ball	88	Clubs
Nicole	Huzevka	NSW	Senior	17	Hoop	41	Ball	65	Clubs	89	Ribbon
Hayley	Sanderson	NSW	Senior	18	Ball	42	Clubs	66	Ribbon	90	Hoop
Charlotte	Davidson	NSW	Senior	19	Clubs	43	Ribbon	67	Hoop	91	Ball
Kezia	Ho	NZL	Senior	20	Ribbon	44	Hoop	68	Ball	92	Clubs
Cara	Gavagna	NSW	Senior	21	Hoop	45	Ball	69	Clubs	93	Ribbon

Asya	Seker	NSW	Senior	22	Ball	46	Clubs	70	Ribbon	94	Hoop
Karolina	Grinko	NSW	Senior	23	Clubs	47	Ribbon	71	Hoop	95	Ball
Sophia	Vladimirov	SA	Senior	24	Ribbon	48	Hoop	72	Ball	96	Clubs

Podium Training Group 2

VIC, QLD & WA (Junior & Senior International)

Friday 17 May

Warm Up 2:45pm – 3:30pm
Routines 3:30pm – 6:30pm

First Name	Last Name	State	Level		App 1	App 2	App 3	App 4			
Taisiya	Bowker	WA	Junior	1	Hoop	26	Ball	51	Clubs	76	Ribbon
Myroslava	Mozghova	QLD	Junior	2	Ball	27	Clubs	52	Ribbon	77	Hoop
Elizaveta	Likhtareva	QLD	Junior	3	Clubs	28	Ribbon	53	Hoop	78	Ball
Amber	Goldberg	VIC	Junior	4	Ribbon	29	Hoop	54	Ball	79	Clubs
Sofia	Sibgatullina	QLD	Junior	5	Hoop	30	Ball	55	Clubs	80	Ribbon
Naghham	El-Megharbel	WA	Junior	6	Ball	31	Clubs	56	Ribbon	81	Hoop
Elizaveta	Litvinova	VIC	Junior	7	Clubs	32	Ribbon	57	Hoop	82	Ball
Alicia	Tan	VIC	Junior	8	Ribbon	33	Hoop	58	Ball	83	Clubs
Polina	Leonova	QLD	Junior	9	Hoop	34	Ball	59	Clubs	84	Ribbon
Remi	Meyer-Rochow	WA	Junior	10	Ball	35	Clubs	60	Ribbon	85	Hoop
Sofia	Hemmings	QLD	Junior	11	Clubs	36	Ribbon	61	Hoop	86	Ball
Zoe	Faber	QLD	Junior	12	Ribbon	37	Hoop	62	Ball	87	Clubs
Georgia	Whitney	VIC	Senior	13	Hoop	38	Ball	63	Clubs	88	Ribbon
Millie	Hintz	QLD	Senior	14	Ball	39	Clubs	64	Ribbon	89	Hoop
Karina	Kirilina	QLD	Senior	15	Clubs	40	Ribbon	65	Hoop	90	Ball
Giorgia	Chin	WA	Senior	16	Ribbon	41	Hoop	66	Ball	91	Clubs
Nadyashani	Igusti	WA	Senior	17	Hoop	42	Ball	67	Clubs	92	Ribbon
Eleanor	Hansen	VIC	Senior	18	Ball	43	Clubs	68	Ribbon	93	Hoop
Tenille	Pretorius	WA	Senior	19	Clubs	44	Ribbon	69	Hoop	94	Ball
Riana	Narushima	QLD	Senior	20	Ribbon	45	Hoop	70	Ball	95	Clubs
Veronika	Ushakova	QLD	Senior	21	Hoop	46	Ball	71	Clubs	96	Ribbon
Eva	Gordienko	VIC	Senior	22	Ball	47	Clubs	72	Ribbon	97	Hoop

Bella	Ciupac	WA	Senior	23	Clubs	48	Ribbon	73	Hoop	98	Ball
Miyabi	Akiya	VIC	Senior	24	Ribbon	49	Hoop	74	Ball	99	Clubs
Breanna	Hopper	WA	Senior	25	Hoop	50	Ball	75	Clubs	100	Ribbon

Podium Training

Senior International Group

Friday 17 May

Warm Up	6:30pm – 7:15pm
Routines	7:15pm – 8:15pm

Time	Competition Floor	Warm up Floor
7:15pm – 7:30pm	QLD Senior Group 1	QLD Senior Group 2
7:30pm – 7:45pm	QLD Senior Group 2	QLD Senior Group 1
7:45pm – 8:00pm	QLD Senior Group 1	QLD Senior Group 2
8:00pm – 8:15pm	QLD Senior Group 2	QLD Senior Group 1

Junior International – Day 1 (Hoop & Ball)

Saturday 18th May, 2024

General Warm Up	12:00pm
Apparatus Warm Up	12:45pm – 1:15pm
Competition	1:30pm – 4:30pm
Awards	N/A

Apparatus Warm Up

12:45pm – 12:50pm Athletes 1 – 4	12:50pm – 12:55pm Athletes 5 – 8	12:55pm – 1:00pm Athletes 9 – 12
1:00pm – 1:05pm Athletes 13 – 17	1:05pm – 1:10pm Athletes 18 – 22	1:10pm – 1:15pm Athletes 23 – 27

Competition

Comp #	First Name	Last Name	State	App 1	App 2
116	Ekaterina	Bogatyreva	SA	1 Hoop	28 Ball
101	Isabelle	Lee	NSW	2 Ball	29 Hoop
113	Elizaveta	Likhtareva	QLD	3 Hoop	30 Ball
121	Taisiya	Bowker	WA	4 Ball	31 Hoop
125	Sunni-Rose	Bright	NZL	5 Hoop	32 Ball
117	Georgia	Whitney	VIC	6 Ball	33 Hoop
126	Cherry	Zhu	NZL	7 Hoop	34 Ball
127	Ava	Gearry	NZL	8 Ball	35 Hoop
104	Alina	Onis	NSW	9 Hoop	36 Ball
115	Dasha	Weston	SA	10 Ball	37 Hoop
124	Neala	Wicomb	NZL	11 Hoop	38 Ball
120	Alicia	Tan	VIC	12 Ball	39 Hoop
122	Naghham	El-Megharbel	WA	13 Hoop	40 Ball
107	Victoria	Wei	NSW	14 Ball	41 Hoop
105	Sienna	Kim	NSW	15 Hoop	42 Ball
119	Elizaveta	Litvinova	VIC	16 Ball	43 Hoop
103	Leona	Asahina	NSW	17 Hoop	44 Ball

118	Amber	Goldberg	VIC	18	Ball	45	Hoop
111	Myroslava	Mozghova	QLD	19	Hoop	46	Ball
110	Sofia	Sibgatullina	QLD	20	Ball	47	Hoop
109	Zoe	Faber	QLD	21	Hoop	48	Ball
106	Sienna	Bujaroski	NSW	22	Ball	49	Hoop
102	Lily	Coffey	NSW	23	Hoop	50	Ball
114	BELLA	PASIN	SA	24	Ball	51	Hoop
108	Sofia	Hemmings	QLD	25	Hoop	52	Ball
112	Polina	Leonova	QLD	26	Ball	53	Hoop
123	Remi	Meyer-Rochow	WA	27	Hoop	54	Ball

Senior International – Day 1 (Hoop & Ball)

Saturday 18th May, 2024

General Warm Up	4:30pm
Apparatus Warm Up	5:15pm – 5:45pm
Competition	6:00pm – 9:00pm
Awards	N/A

Apparatus Warm Up

5:15pm – 5:20pm Athletes 1 – 4	5:20pm – 5:25pm Athletes 5 – 8	5:35pm – 5:30pm Athletes 9 – 12
5:30pm – 5:35pm Athletes 13 - 16	5:35pm – 5:40pm Athletes 17 - 19	5:40pm – 5:45pm Athletes 20 – 22

Competition

Comp #	First Name	Last Name	State	App 1	App 2
616	Eva	Gordienko	VIC	1 Hoop	23 Ball
621	Tenille	Pretorius	WA	2 Ball	24 Hoop
604	Charlotte	Davidson	NSW	3 Hoop	25 Ball
613	Sophia	Vladimirov	SA	4 Ball	26 Hoop
611	Karina	Kirilina	QLD	5 Hoop	27 Ball
620	Nadyashani	Igusti	WA	6 Ball	28 Hoop
612	Catherine	Lyndon	SA	7 Hoop	29 Ball
622	Kezia	Ho	NZL	8 Ball	30 Hoop
606	Asya	Seker	NSW	9 Hoop	31 Ball
609	Riana	Narushima	QLD	10 Ball	32 Hoop
619	Breanna	Hopper	WA	11 Hoop	33 Ball
615	Eleanor	Hansen	VIC	12 Ball	34 Hoop
602	Nicole	Huzevka	NSW	13 Hoop	35 Ball

601	Alexandra	Eedle	NSW	14	Ball	36	Hoop
605	Cara	Gavagna	NSW	15	Hoop	37	Ball
614	Miyabi	Akiya	VIC	16	Ball	38	Hoop
603	Hayley	Sanderson	NSW	17	Hoop	39	Ball
610	Veronika	Ushakova	QLD	18	Ball	40	Hoop
617	Giorgia	Chin	WA	19	Hoop	41	Ball
608	Millie	Hintz	QLD	20	Ball	42	Hoop
607	Karolina	Grinko	NSW	21	Hoop	43	Ball
618	Bella	Ciupac	WA	22	Ball	44	Hoop

Junior International – Day 2 (Clubs & Ribbon)

Sunday 19 May, 2024

General Warm Up	12:00pm
Apparatus Warm Up	12:45pm – 1:15pm
Competition	1:30pm – 4:30pm
Awards	4:30pm, approx

Apparatus Warm Up

12:45pm – 12:50pm Athletes 1 – 4	12:50pm – 12:55pm Athletes 5 – 8	12:55pm – 1:00pm Athletes 9 – 12
1:00pm – 1:05pm Athletes 13 – 17	1:05pm – 1:10pm Athletes 18 – 22	1:10pm – 1:15pm Athletes 23 – 27

Competition

Comp #	First Name	Last Name	State	App 1	App 2
107	Victoria	Wei	NSW	1 Clubs	28 Ribbon
105	Sienna	Kim	NSW	2 Ribbon	29 Clubs
119	Elizaveta	Litvinova	VIC	3 Clubs	30 Ribbon
103	Leona	Asahina	NSW	4 Ribbon	31 Clubs
118	Amber	Goldberg	VIC	5 Clubs	32 Ribbon
111	Myroslava	Mozghova	QLD	6 Ribbon	33 Clubs
110	Sofia	Sibgatullina	QLD	7 Clubs	34 Ribbon
109	Zoe	Faber	QLD	8 Ribbon	35 Clubs
106	Sienna	Bujaroski	NSW	9 Clubs	36 Ribbon
102	Lily	Coffey	NSW	10 Ribbon	37 Clubs
114	BELLA	PASIN	SA	11 Clubs	38 Ribbon
108	Sofia	Hemmings	QLD	12 Ribbon	39 Clubs
112	Polina	Leonova	QLD	13 Clubs	40 Ribbon
123	Remi	Meyer-Rochow	WA	14 Ribbon	41 Clubs
116	Ekaterina	Bogatyreva	SA	15 Clubs	42 Ribbon
101	Isabelle	Lee	NSW	16 Ribbon	43 Clubs
113	Elizaveta	Likhtareva	QLD	17 Clubs	44 Ribbon

121	Taisiya	Bowker	WA	18	Ribbon	45	Clubs
125	Sunni-Rose	Bright	NZL	19	Clubs	46	Ribbon
117	Georgia	Whitney	VIC	20	Ribbon	47	Clubs
126	Cherry	Zhu	NZL	21	Clubs	48	Ribbon
127	Ava	Gearry	NZL	22	Ribbon	49	Clubs
104	Alina	Onis	NSW	23	Clubs	50	Ribbon
115	Dasha	Weston	SA	24	Ribbon	51	Clubs
124	Neala	Wicomb	NZL	25	Clubs	52	Ribbon
120	Alicia	Tan	VIC	26	Ribbon	53	Clubs
122	Naghham	El-Megharbel	WA	27	Clubs	54	Ribbon

Senior International – Day 2 (Clubs & Ribbon)

Sunday 19th May, 2024

General Warm Up	4:30pm
Apparatus Warm Up	5:15pm – 5:45pm
Competition	6:00pm – 9:00pm
Awards	9:00pm

Apparatus Warm Up

5:15pm – 5:20pm Athletes 1 – 4	5:20pm – 5:25pm Athletes 5 – 8	5:35pm – 5:30pm Athletes 9 – 12
5:30pm – 5:35pm Athletes 13 - 16	5:35pm – 5:40pm Athletes 17 - 19	5:40pm – 5:45pm Athletes 20 – 22

Competition

Comp #	First Name	Last Name	State	App 1	App 2
615	Eleanor	Hansen	VIC	1 Clubs	23 Ribbon
602	Nicole	Huzevka	NSW	2 Ribbon	24 Clubs
601	Alexandra	Eedle	NSW	3 Clubs	25 Ribbon
605	Cara	Gavagna	NSW	4 Ribbon	26 Clubs
614	Miyabi	Akiya	VIC	5 Clubs	27 Ribbon
603	Hayley	Sanderson	NSW	6 Ribbon	28 Clubs
610	Veronika	Ushakova	QLD	7 Clubs	29 Ribbon
617	Giorgia	Chin	WA	8 Ribbon	30 Clubs
608	Millie	Hintz	QLD	9 Clubs	31 Ribbon
607	Karolina	Grinko	NSW	10 Ribbon	32 Clubs
618	Bella	Ciupac	WA	11 Clubs	33 Ribbon
616	Eva	Gordienko	VIC	12 Ribbon	34 Clubs
621	Tenille	Pretorius	WA	13 Clubs	35 Ribbon

604	Charlotte	Davidson	NSW	14	Ribbon	36	Clubs
613	Sophia	Vladimirov	SA	15	Clubs	37	Ribbon
611	Karina	Kirilina	QLD	16	Ribbon	38	Clubs
620	Nadyashani	Igusti	WA	17	Clubs	39	Ribbon
612	Catherine	Lyndon	SA	18	Ribbon	40	Clubs
622	Kezia	Ho	NZL	19	Clubs	41	Ribbon
606	Asya	Seker	NSW	20	Ribbon	42	Clubs
609	Riana	Narushima	QLD	21	Clubs	43	Ribbon
619	Breanna	Hopper	WA	22	Ribbon	44	Clubs

Group

Monday 20th May, 2024

General Warm Up	7:40am
Podium Touch	8:40am – 9:25am
Competition	9:30am – 11:20am
Awards	11:25am

Please refer to appendix A for warm up times

Apparatus Warm Up – 5 mins per group

Routine 1* 8:40am	Routine 2* 8:45am	Routine 3* 8:50am	Routine 4 8:55am	Routine 5 9:00am
Routine 6 9:05am	Routine 7 9:10am	Routine 8 9:15am	Routine 9 9:20am	

* First apparatus podium warm up

Competition

ROTATION 1

Comp #	Names	Level	State	Time	App
501	Ashleigh Law, Laura Gosling, Alannah Mathews, Tahlya Smith & Angelina Boland	Senior	QLD	1 9:30:00 AM	Hoop
510	Sylvia Zheng, Faye li Chen, Cherry Zhu, Sophie Chapman & Aoi Higashide	Junior	NZL	2 9:35:00 AM	Hoop
503	Eliza Bowker, Billie Donlevy, Anja Speed, Petrice Soumanis, Emilie Chung & Ksenia Speed	Sub Junior	WA	3 9:40:00 AM	Hoop
504	Rachel Stephenson, Vienna Hovagimian, Sienna Luo, Hazel Crisp, Aisha Hu & Arabella Hartshorn	Sub Junior	NSW	4 10:45:00 AM	Hoop
505	Zoie Tran, Alyssa Yee, Luna Li, Ellyse Lo & Eun Cho	Sub Junior	QLD	5 9:50:00 AM	Hoop
506	Sienna Strachan, Enming Pan, Kyra Henderson, Emma Wang & Zoey Xie	Pre Junior	QLD	6 9:55:00 AM	Clubs
507	Yuxi Wang, Joselyn Cheung, Valerie Chung, Claire Chavdarova, Zoe Huang & Lilly Clegg	Pre Junior	NSW	7 10:00:00 AM	Clubs
508	Savannah Topalis, Taisiya Bowker, Taisiya Fedorova, Carine Degtyar, Abby Jesen & Ana Soares	Pre Junior	WA	8 10:05:00 AM	Clubs
509	Zoe Faber, Cristina Berghofer, Myroslava Mozghova, Abby Lee & Elizaveta Likhtareva	Pre Junior	QLD	9 10:10:00 AM	Clubs

MID SESSION BREAK – 10:15am – 10:35am

Rotation 2 Apparatus Warm Up – 5 mins per group

Routine 8** 10:20am – 10:25am	Routine 9** 10:25am – 10:30am
----------------------------------	----------------------------------

** Second apparatus podium warm up

ROTATION 2

Comp #	Names	Level	State	Time	App
503	Eliza Bowker, Billie Donlevy, Anja Speed, Petrice Soumanis, Emilie Chung & Ksenia Speed	Sub Junior	WA	1 10:35:00 AM	Hoop
504	Rachel Stephenson, Vienna Hovagimian, Sienna Luo, Hazel Crisp, Aisha Hu & Arabella Hartshorn	Sub Junior	NSW	2 10:40:00 AM	Hoop
505	Zoie Tran, Alyssa Yee, Luna Li, Ellyse Lo & Eun Cho	Sub Junior	QLD	3 10:45:00 AM	Hoop
506	Sienna Strachan, Enming Pan, Kyra Henderson, Emma Wang & Zoey Xie	Pre Junior	QLD	4 10:50:00 AM	Clubs
507	Yuxi Wang, Joselyn Cheung, Valerie Chung, Claire Chavdarova, Zoe Huang & Lilly Clegg	Pre Junior	NSW	5 10:55:00 AM	Clubs
508	Savannah Topalis, Taisiya Bowker, Taisiya Fedorova, Carine Degtyar, Abby Jesen & Ana Soares	Pre Junior	WA	6 11:00:00 AM	Clubs
509	Zoe Faber, Cristina Berghofer, Myroslava Mozghova, Abby Lee & Elizaveta Likhtareva	Pre Junior	QLD	7 11:05:00 AM	Clubs
510	Sylvia Zheng, Faye li Chen, Cherry Zhu, Sophie Chapman & Aoi Higashide	Junior	NZL	8 11:10:00 AM	Clubs
501	Ashleigh Law, Laura Gosling, Alannah Mathews, Tahlya Smith & Angelina Boland	Senior	QLD	9 11:15:00 AM	Ball & Ribbon

Junior International Apparatus Finals

Monday 20th May, 2024

General Warm Up	12:00pm
Apparatus Warm Up	12:55pm – 1:15pm
Competition	1:30pm – 4:30pm
Awards	4:30pm

Apparatus Warm Up

Hoop	Ball	Clubs	Ribbon
12:55pm – 1:00pm	1:00pm – 1:05pm	1:05pm – 1:10pm	1:10pm – 1:15pm

The competition order below may be adjusted slightly once final athlete lists are known to ensure all athletes have the minimum times required between routines.

Competition

First Name	Last Name	State	Apparatus
ROTATION 1			
			1 Hoop
			2 Hoop
			3 Hoop
			4 Hoop
			5 Hoop
			6 Hoop
			7 Hoop
			8 Hoop
5 min break			
ROTATION 2			
			1 Ball
			2 Ball
			3 Ball
			4 Ball
			5 Ball
			6 Ball
			7 Ball
			8 Ball
5 min break			
ROTATION 3			
			1 Clubs
			2 Clubs
			3 Clubs
			4 Clubs

Athlete Rank 8	5 Clubs
Athlete Rank 6	6 Clubs
Athlete Rank 5	7 Clubs
Athlete Rank 4	8 Clubs

5 min break

ROTATION 4

Athlete Rank 2	1 Ribbon
Athlete Rank 4	2 Ribbon
Athlete Rank 6	3 Ribbon
Athlete Rank 8	4 Ribbon
Athlete Rank 3	5 Ribbon
Athlete Rank 5	6 Ribbon
Athlete Rank 1	7 Ribbon
Athlete Rank 7	8 Ribbon

Senior International Apparatus Finals

Monday 20th May, 2024

General Warm Up	4:30pm
Apparatus Warm Up	5:25pm – 5:45pm
Competition	6:00pm – 9:00pm
Awards	9:00pm

Apparatus Warm Up

Hoop	Ball	Clubs	Ribbon
5:25pm – 5:30pm	5:30pm – 3:35pm	5:35pm – 5:40pm	5:40pm – 5:45pm

The competition order below may be adjusted slightly once final athlete lists are known to ensure all athletes have the minimum times required between routines.

Competition

First Name	Last Name	State	Apparatus
Athlete Rank 3			1 Hoop
Athlete Rank 5			2 Hoop
Athlete Rank 2			3 Hoop
Athlete Rank 6			4 Hoop
Athlete Rank 1			5 Hoop
Athlete Rank 4			6 Hoop
10 min break			
Athlete Rank 5			1 Ball
Athlete Rank 4			2 Ball
Athlete Rank 3			3 Ball
Athlete Rank 1			4 Ball
Athlete Rank 2			5 Ball
Athlete Rank 6			6 Ball
10 min break			
Athlete Rank 1			1 Clubs
Athlete Rank 6			2 Clubs
Athlete Rank 2			3 Clubs
Athlete Rank 4			4 Clubs
Athlete Rank 5			5 Clubs
Athlete Rank 3			6 Clubs
10 min break			
Athlete Rank 5			1 Ribbon
Athlete Rank 6			2 Ribbon
Athlete Rank 4			3 Ribbon
Athlete Rank 3			4 Ribbon

Athlete Rank 2

5 Ribbon

Athlete Rank 1

6 Ribbon

Sub Junior – Day 1 (Freehand & Hoop)

Tuesday 21 May, 2024

General Warm Up	7:45am
Apparatus Warm Up	8:15am – 8:45am
Competition	9:00am – 12:00pm
Awards	N/A

Apparatus Warm Up

8:15am – 8:20am Athletes 1 – 4	8:30am – 8:25am Athletes 5 – 8	8:25am – 8:30am Athletes 9 – 12
8:30am – 8:35am Athletes 13 – 16	8:35am – 8:40am Athletes 17 – 21	8:40am – 8:45am Athletes 22 – 26

Competition

Comp #	First Name	Last Name	State	App 1	App 2
304	Mia	Bosheski	NSW	1 Freehand	27 Hoop
314	Tiffany	Lan	VIC	2 Hoop	28 Freehand
301	Vienna	Hovagimian	NSW	3 Freehand	29 Hoop
317	Addison	Owen	VIC	4 Hoop	30 Freehand
310	Luna	Li	QLD	5 Freehand	31 Hoop
325	Ailin	Mukuzhanova	WA	6 Hoop	32 Freehand
324	Ksenia	Speed	WA	7 Freehand	33 Hoop
323	Summer	Nulud	WA	8 Hoop	34 Freehand
311	Ellyse	Lo	QLD	9 Freehand	35 Hoop
305	Hazel	Crisp	NSW	10 Hoop	36 Freehand
306	Victoria	Raga	NSW	11 Freehand	37 Hoop
308	Zoie	Tran	QLD	12 Hoop	38 Freehand
313	Ruby	Scott	SA	13 Freehand	39 Hoop
320	Eliza	Bowker	WA	14 Hoop	40 Freehand
303	Sharon	Wang	NSW	15 Freehand	41 Hoop

307	Kate	Lee	QLD	16	Hoop	42	Freehand
319	Hailey	Lee	VIC	17	Freehand	43	Hoop
315	Eliana	Brodsky	VIC	18	Hoop	44	Freehand
326	Wayan	Meyer-Rochow	WA	20	Hoop	46	Freehand
302	Mikayla	Liu	NSW	21	Freehand	47	Hoop
316	Elisa	Wong	VIC	22	Hoop	48	Freehand
321	Anna	Spencer	WA	23	Freehand	49	Hoop
318	Aleksandra	Stojanac	VIC	24	Hoop	50	Freehand
312	Kayla	Roy	QLD	25	Freehand	51	Hoop
309	Alyssa	Yee	QLD	26	Hoop	52	Freehand

Pre Junior – Day 1 (Freehand & Hoop)

Tuesday 21 May, 2024

General Warm Up	12:00pm
Apparatus Warm Up	12:45pm – 1:15pm
Competition	1:30pm – 4:30pm
Awards	N/A

Apparatus Warm Up

8:15am – 8:20am Athletes 1 – 4	8:30am – 8:25am Athletes 5 – 8	8:25am – 8:30am Athletes 9 – 12
8:30am – 8:35am Athletes 13 – 16	8:35am – 8:40am Athletes 17 – 21	8:40am – 8:45am Athletes 22 – 26

Competition

Comp #	First Name	Last Name	State	App 1	App 2
418	Isabel	Chung	WA	1 Freehand 28	Hoop
426	Olivia	Chow	NZL	2 Hoop 29	Freehand
411	Abby	Lee	QLD	3 Freehand 30	Hoop
407	Enming	Pan	QLD	4 Hoop 31	Freehand
424	Sofia	Bregmen	NZL	5 Freehand 32	Hoop
413	Yaroslava	Kuzmenko	VIC	6 Hoop 33	Freehand
427	Olivia	Collins	NZL	7 Freehand 34	Hoop
415	Shima	McLean	VIC	8 Hoop 35	Freehand
420	Carine	Degtyar	WA	9 Freehand 36	Hoop
425	Kalisa	Zhang	NZL	10 Hoop 37	Freehand
410	Cristina	Berghofer	QLD	11 Freehand 38	Hoop
404	Anna	Barsukova	NSW	12 Hoop 39	Freehand
408	Kyra	Henderson	QLD	13 Freehand 40	Hoop
401	Chloe	Lai	NSW	14 Hoop 41	Freehand

406	Milica	Stojanovic	NSW	15	Freehand	42	Hoop
405	Isabella	Recinos	NSW	16	Hoop	43	Freehand
416	Ella	Nguyen	VIC	17	Freehand	44	Hoop
421	Mina	Medic	WA	18	Hoop	45	Freehand
423	Ana	Soares	WA	19	Freehand	46	Hoop
422	Abby	Jesen	WA	20	Hoop	47	Freehand
417	Kristina	Sych	VIC	21	Freehand	48	Hoop
414	Isabella	Wong	VIC	22	Hoop	49	Freehand
402	Willow	Lai	NSW	23	Freehand	50	Hoop
409	Mei	Reghezani	QLD	24	Hoop	51	Freehand
419	Evie	Etheridge	WA	25	Freehand	52	Hoop
412	Sienna	Roy	QLD	26	Hoop	53	Freehand
403	Mia	Matiashevaska	NSW	27	Freehand	54	Hoop

Level 10 – Day 1 (Hoop & Ball)

Tuesday 21 May, 2024

General Warm Up	4:30pm
Apparatus Warm Up	5:15pm – 5:45pm
Competition	6:00pm – 9:00pm
Awards	N/A

Apparatus Warm Up

5:15pm – 5:20pm Athletes 1 – 5	5:20pm – 5:25pm Athletes 6 – 10	5:35pm – 5:30pm Athletes 11 – 15
5:30pm – 5:35pm Athletes 16 – 20	5:35pm – 5:40pm Athletes 21 – 25	5:40pm – 5:45pm Athletes 26 – 30

Competition

Comp #	First Name	Last Name	State	App 1	App 2
218	Lily	Rugari	SA	1 Hoop	31 Ball
206	Anna	Van Gelder	NSW	2 Ball	32 Hoop
210	Mia	Strachan	QLD	3 Hoop	33 Ball
201	Hailey	Townsend	NSW	4 Ball	34 Hoop
202	Chloe	Soenario	NSW	5 Hoop	35 Ball
229	Zoe	Parnell	NZL	6 Ball	36 Hoop
204	Amy	Sanderson	NSW	7 Hoop	37 Ball
213	Tamara	Gibson	SA	8 Ball	38 Hoop
223	Linley	Worth	WA	9 Hoop	39 Ball
217	Natasha	Hennig	SA	10 Ball	40 Hoop
208	Reina	Santana	QLD	11 Hoop	41 Ball
224	Molly	McConnell	WA	12 Ball	42 Hoop
214	Chelsea	Hampel	SA	13 Hoop	43 Ball
230	Tavia	Ralston	NZL	14 Ball	44 Hoop

209	Elizabeth	Lee	QLD	15	Hoop	45	Ball
212	Trinity	Ferrer - Bucal	QLD	16	Ball	46	Hoop
221	Zoey	Lin	VIC	17	Hoop	47	Ball
207	Camille	Neighbour	QLD	18	Ball	48	Hoop
226	Kristina	Gorry	WA	19	Hoop	49	Ball
228	Annabel	Walker	NZL	20	Ball	50	Hoop
203	Alyssa	Brown	NSW	21	Hoop	51	Ball
205	Alina	Yu	NSW	22	Ball	52	Hoop
227	Anita	Cheng	NZL	23	Hoop	53	Ball
216	Isabel	Macpherson	SA	24	Ball	54	Hoop
225	Federica	Alessandro	WA	25	Hoop	55	Ball
211	Mako	Inukai	QLD	26	Ball	56	Hoop
222	Melody	Evans	VIC	28	Ball	58	Hoop
219	Eunice	Lim	SA	29	Hoop	59	Ball
220	Olivia	Evans	VIC	30	Ball	60	Hoop

Sub Junior – Day 2 (Ball & Clubs)

Wednesday 22nd May, 2024

General Warm Up	7:45am
Apparatus Warm Up	8:15am – 8:45am
Competition	9:00am – 12:00pm
Awards	12:00pm

Apparatus Warm Up

8:15am – 8:20am Athletes 1 – 4	8:30am – 8:25am Athletes 5 – 8	8:25am – 8:30am Athletes 9 – 12
8:30am – 8:35am Athletes 13 – 16	8:35am – 8:40am Athletes 17 – 21	8:40am – 8:45am Athletes 22 – 26

Competition

Comp #	First Name	Last Name	State	App 1	App 2
320	Eliza	Bowker	WA	1 Ball	27 Clubs
303	Sharon	Wang	NSW	2 Clubs	28 Ball
307	Kate	Lee	QLD	3 Ball	29 Clubs
319	Hailey	Lee	VIC	4 Clubs	30 Ball
315	Eliana	Brodsky	VIC	5 Ball	31 Clubs
322	Anja	Speed	WA	6 Clubs	32 Ball
326	Wayan	Meyer-Rochow	WA	7 Ball	33 Clubs
302	Mikayla	Liu	NSW	8 Clubs	34 Ball
316	Elisa	Wong	VIC	9 Ball	35 Clubs
321	Anna	Spencer	WA	10 Clubs	36 Ball
318	Aleksandra	Stojanac	VIC	11 Ball	37 Clubs
312	Kayla	Roy	QLD	12 Clubs	38 Ball
309	Alyssa	Yee	QLD	13 Ball	39 Clubs
304	Mia	Bosheski	NSW	14 Clubs	40 Ball
314	Tiffany	Lan	VIC	15 Ball	41 Clubs

301	Vienna	Hovagimian	NSW	16	Clubs	42	Ball
317	Addison	Owen	VIC	17	Ball	43	Clubs
310	Luna	Li	QLD	18	Clubs	44	Ball
325	Ailin	Mukuzhanova	WA	19	Ball	45	Clubs
324	Ksenia	Speed	WA	20	Clubs	46	Ball
323	Summer	Nulud	WA	21	Ball	47	Clubs
311	Ellyse	Lo	QLD	22	Clubs	48	Ball
305	Hazel	Crisp	NSW	23	Ball	49	Clubs
306	Victoria	Raga	NSW	24	Clubs	50	Ball
308	Zoie	Tran	QLD	25	Ball	51	Clubs
313	Ruby	Scott	SA	26	Clubs	52	Ball

Pre Junior – Day 2 (Ball & Ribbon)

Wednesday 22 May, 2024

General Warm Up	12:00pm
Apparatus Warm Up	12:45pm – 1:15pm
Competition	1:30pm – 4:30pm
Awards	4:30pm

Apparatus Warm Up

8:15am – 8:20am Athletes 1 – 4	8:30am – 8:25am Athletes 5 – 8	8:25am – 8:30am Athletes 9 – 12
8:30am – 8:35am Athletes 13 – 16	8:35am – 8:40am Athletes 17 – 21	8:40am – 8:45am Athletes 22 – 26

Competition

Comp #	First Name	Last Name	State	App 1	App 2
401	Chloe	Lai	NSW	1 Ball	28 Ribbon
406	Milica	Stojanovic	NSW	2 Ribbon	29 Ball
405	Isabella	Recinos	NSW	3 Ball	30 Ribbon
416	Ella	Nguyen	VIC	4 Ribbon	31 Ball
421	Mina	Medic	WA	5 Ball	32 Ribbon
423	Ana	Soares	WA	6 Ribbon	33 Ball
422	Abby	Jesen	WA	7 Ball	34 Ribbon
417	Kristina	Sych	VIC	8 Ribbon	35 Ball
414	Isabella	Wong	VIC	9 Ball	36 Ribbon
402	Willow	Lai	NSW	10 Ribbon	37 Ball
409	Mei	Reghezani	QLD	11 Ball	38 Ribbon
419	Evie	Etheridge	WA	12 Ribbon	39 Ball
412	Sienna	Roy	QLD	13 Ball	40 Ribbon
403	Mia	Matiashevska	NSW	14 Ribbon	41 Ball

418	Isabel	Chung	WA	15	Ball	42	Ribbon
426	Olivia	Chow	NZL	16	Ribbon	43	Ball
411	Abby	Lee	QLD	17	Ball	44	Ribbon
407	Enming	Pan	QLD	18	Ribbon	45	Ball
424	Sofia	Bregmen	NZL	19	Ball	46	Ribbon
413	Yaroslava	Kuzmenko	VIC	20	Ribbon	47	Ball
427	Olivia	Collins	NZL	21	Ball	48	Ribbon
415	Shima	McLean	VIC	22	Ribbon	49	Ball
420	Carine	Degtyar	WA	23	Ball	50	Ribbon
425	Kalisa	Zhang	NZL	24	Ribbon	51	Ball
410	Cristina	Berghofer	QLD	25	Ball	52	Ribbon
404	Anna	Barsukova	NSW	26	Ribbon	53	Ball
408	Kyra	Henderson	QLD	27	Ball	54	Ribbon

Level 10 – Day 2 (Clubs & Ribbon)

Wednesday 22nd May, 2024

General Warm Up	4:30pm
Apparatus Warm Up	5:15pm – 5:45pm
Competition	6:00pm – 9:00pm
Awards	9:00pm

Apparatus Warm Up

5:15pm – 5:20pm Athletes 1 – 5	5:20pm – 5:25pm Athletes 6 – 10	5:35pm – 5:30pm Athletes 11 – 15
5:30pm – 5:35pm Athletes 16 – 20	5:35pm – 5:40pm Athletes 21 – 25	5:40pm – 5:45pm Athletes 26 – 30

Competition

Comp #	First Name	Last Name	State	App 1	App 2
212	Trinity	Ferrer - Bucal	QLD	1 Clubs	31 Ribbon
221	Zoey	Lin	VIC	2 Ribbon	32 Clubs
207	Camille	Neighbour	QLD	3 Clubs	33 Ribbon
226	Kristina	Gorry	WA	4 Ribbon	34 Clubs
228	Annabel	Walker	NZL	5 Clubs	35 Ribbon
203	Alyssa	Brown	NSW	6 Ribbon	36 Clubs
205	Alina	Yu	NSW	7 Clubs	37 Ribbon
227	Anita	Cheng	NZL	8 Ribbon	38 Clubs
216	Isabel	Macpherson	SA	9 Clubs	39 Ribbon
225	Federica	Alessandro	WA	10 Ribbon	40 Clubs
211	Mako	Inukai	QLD	11 Clubs	41 Ribbon
222	Melody	Evans	VIC	13 Clubs	43 Ribbon
219	Eunice	Lim	SA	14 Ribbon	44 Clubs
220	Olivia	Evans	VIC	15 Clubs	45 Ribbon

218	Lily	Rugari	SA	16	Ribbon	46	Clubs
206	Anna	Van Gelder	NSW	17	Clubs	47	Ribbon
210	Mia	Strachan	QLD	18	Ribbon	48	Clubs
201	Hailey	Townsend	NSW	19	Clubs	49	Ribbon
202	Chloe	Soenario	NSW	20	Ribbon	50	Clubs
229	Zoe	Parnell	NZL	21	Clubs	51	Ribbon
204	Amy	Sanderson	NSW	22	Ribbon	52	Clubs
213	Tamara	Gibson	SA	23	Clubs	53	Ribbon
223	Linley	Worth	WA	24	Ribbon	54	Clubs
217	Natasha	Hennig	SA	25	Clubs	55	Ribbon
208	Reina	Santana	QLD	26	Ribbon	56	Clubs
224	Molly	McConnell	WA	27	Clubs	57	Ribbon
214	Chelsea	Hampel	SA	28	Ribbon	58	Clubs
230	Tavia	Ralston	NZL	29	Clubs	59	Ribbon
209	Elizabeth	Lee	QLD	30	Ribbon	60	Clubs

RG Group Session

Monday 20th May

* First apparatus podium warm up

** Second apparatus podium warm up

	Blue Strip Mats	Additional FIG Carpet (not a full floor, no under boards)	FIG W/U Floor	Marshalling	Competition Floor		
7:30:00 AM							
7:35:00 AM							
7:40:00 AM	General Warm Up Junior & Senior		General Warm Up Sub & Pre Junior		Closed		
7:45:00 AM							
7:50:00 AM							
7:55:00 AM							
8:00:00 AM	General Warm Up Sub & Pre Junior		General Warm Up Junior & Senior				
8:05:00 AM							
8:10:00 AM							
8:15:00 AM							
8:20:00 AM			Senior Group 1 (QLD)				
8:25:00 AM			Junior Group (NZL)				
8:30:00 AM				Senior Group 1 (QLD)			
8:35:00 AM				Junior Group (NZL)	Senior Group 1 (QLD) *		
8:40:00 AM			Sub J Group 1 (WA)	Junior Group (NZL)	Junior Group (NZL) *	Podium Touch Warm Up	
8:45:00 AM			Sub J Group 2 (NSW)	Sub J Group 1 (WA)	Sub J Group 1 (WA)		
8:50:00 AM			Sub J Group 4 (QLD)	Sub J Group 2 (NSW)	Sub J Group 2 (NSW)		
8:55:00 AM			Pre J Group 1 (QLD)	Sub J Group 4 (QLD)	Sub J Group 4 (QLD)		
9:00:00 AM			Pre J Group 2 (NSW)	Pre J Group 1 (QLD)	Pre J Group 1 (QLD)		
9:05:00 AM			Pre J Group 3 (WA)	Pre J Group 2 (NSW)	Pre J Group 2 (NSW)		
9:10:00 AM			Pre J Group 4 (QLD)	Pre J Group 3 (WA)	Pre J Group 3 (WA)		
9:15:00 AM			Senior Group 1 (QLD)	Pre J Group 4 (QLD)	Pre J Group 4 (QLD)		
9:20:00 AM			Junior Group (NZL)	Senior Group 1 (QLD)			
9:25:00 AM			Sub J Group 1 (WA)	Junior Group (NZL)	Senior Group 1 (QLD)		
9:30:00 AM			Sub J Group 2 (NSW)	Sub J Group 1 (WA)	Junior Group (NZL)		
9:35:00 AM			Sub J Group 4 (QLD)	Sub J Group 2 (NSW)	Sub J Group 1 (WA)		
9:40:00 AM			Pre J Group 1 (QLD)	Sub J Group 4 (QLD)	Sub J Group 2 (NSW)		
9:45:00 AM			Pre J Group 2 (NSW)	Pre J Group 1 (QLD)	Sub J Group 4 (QLD)		
9:50:00 AM			Pre J Group 3 (WA)	Pre J Group 2 (NSW)	Pre J Group 1 (QLD)		
9:55:00 AM		Open Use	Pre J Group 4 (QLD)	Pre J Group 3 (WA)	Pre J Group 2 (NSW)		
10:00:00 AM			Junior Group (NZL)	Pre J Group 4 (QLD)	Pre J Group 3 (WA)		
10:05:00 AM			Senior Group 1 (QLD)		Pre J Group 4 (QLD)		
10:10:00 AM				Junior Group (NZL)			
10:15:00 AM				Senior Group 1 (QLD)	Junior Group (NZL) **		
10:20:00 AM			Sub J Group 1 (WA)		Senior Group 1 (QLD) **		
10:25:00 AM			Sub J Group 2 (NSW)	Sub J Group 1 (WA)			
10:30:00 AM			Sub J Group 4 (QLD)	Sub J Group 2 (NSW)	Sub J Group 1 (WA)		
10:35:00 AM			Pre J Group 1 (QLD)	Sub J Group 4 (QLD)	Sub J Group 2 (NSW)		
10:40:00 AM			Pre J Group 2 (NSW)	Pre J Group 1 (QLD)	Sub J Group 4 (QLD)		
10:45:00 AM			Pre J Group 3 (WA)	Pre J Group 2 (NSW)	Pre J Group 1 (QLD)		
10:50:00 AM			Pre J Group 4 (QLD)	Pre J Group 3 (WA)	Pre J Group 2 (NSW)		
10:55:00 AM			Junior Group (NZL)	Pre J Group 4 (QLD)	Pre J Group 3 (WA)		
11:00:00 AM			Senior Group 1 (QLD)	Junior Group (NZL)	Pre J Group 4 (QLD)		
11:05:00 AM				Senior Group 1 (QLD)	Junior Group (NZL)		
11:10:00 AM					Senior Group 1 (QLD)		
11:15:00 AM							
11:20:00 AM							
11:25:00 AM							
11:30:00 AM							
11:35:00 AM							
11:40:00 AM					Awards		

Podium Touch Warm Up

COMPETITION - Rotation 1 /
First Apparatus

Mid Session
Break

COMPETITION - Rotation 2 /
Second Apparatus