



**Gymnastics**  
Australia



**WAG Competition Work Order**  
**Version 2**  
**Updated: 15/8/19**

# 2019 National Clubs Carnival

## Level 5 - Day 1 (Thursday 26 September)

**Appratus 1 - SAND**  
**Session 1 - Level 5**  
 Warm Up: 7:30am  
 Competition: 8:00am - 10:00am

VT Inner West Gymnastics Team 1 (4)  
 UB Western Districts Youth Club (6)  
 BB Super Performance Centre (6)  
 FX Pulse Gymnastics (6)

**Appratus 2 - SURF**  
**Session 1 - Level 5**  
 Warm Up: 7:30am  
 Competition: 8:00am - 10:00am

VT Hobart PCYC Gymnastics Club (6)  
 UB Gold Coast Gymnastics (5)  
 BB Move It Gymnastics (5)  
 FX Infinity Gym Sports & Health (5)

**Appratus 3 - HINTERLAND**  
**Session 1 - Level 5**  
 Warm Up: 7:30am  
 Competition: 8:00am - 10:00am

VT Waverley Gymnastics Team 2 (6) & Waverley Gymnastics (1)  
 UB BTYC Gymnastic Team 2 (3) & Sydney Gymnastics Centre Team 2 (4)  
 BB Eastern Gymnastics Academy Team 2 (6)  
 FX Bunnerong Gymnastics Team 2 (6)

**Session 2 - Level 5**  
 Warm Up: 10:00am  
 Competition: 10:30am - 12:30pm

VT Macarthur Gymnastic Studio (5)  
 UB Geelong YMCA (5)  
 BB Lawnton Academy of Artistic Gymnastics (5)  
 FX Territory Gymnastics Academy (4)

**Session 2 - Level 5**  
 Warm Up: 10:00am  
 Competition: 10:30am - 12:30pm

VT 360 GYMNASTICS Team 1 (6)  
 UB Kingborough Gymsports (6)  
 BB Active Gymnastics (6)  
 FX ENRG Gymnastics (6)

**Session 2 - Level 5**  
 Warm Up: 10:00am  
 Competition: 10:30am - 12:30pm

VT Premier Gymnastics Team 2 (6)  
 UB InnerWest Gymnastics Team 2 (3)  
 BB Mareeba Gymnastics Club (3) & High Flyers (3)  
 FX Bunnerong Gymnastics Team 1 (6)

**Session 3 - Level 5**  
 Warm up: 12:30pm  
 Competition: 1:00pm - 3:00pm

VT Delta Gymnastics Brisbane (6)  
 UB Eastern Gymnastics Academy Team 1 (6)  
 BB 360 GYMNASTICS Team 2 (6)  
 FX Cheltenham Youth Club (6)

**Session 3 - Level 5**  
 Warm Up: 12:30pm  
 Competition: 1:00pm - 3:00pm

VT Maroochy Beach Gymnastics Club Team 2 (6)  
 UB CABOOLTURE PCYC (4)  
 BB Hobart Gymnastics Academy (6)  
 FX Northern Districts Gymnastic Club (3) Eclipse Gymnastics (2)

**Session 3 - Level 5**  
 Warm up: 12:30pm  
 Competition: 1:00pm - 3:00pm

VT Varsity Lakes Trampoline and Gymnastics Club Team 2 (4)  
 UB Gungahlin Gymnastics (5) & North Coast Gymnastics (1)  
 BB Coffs Coast Gymnastics (6)  
 FX Sydney Gymnastics Centre Team 1 (6)

**Session 4 - Level 5**  
 Warm Up: 3:00pm  
 Competition 3:30pm - 5:30pm

VT Manly Warringah Gymnastics Club (6)  
 UB Maroochy Beach Gymnastics Club Team 1 (6)  
 BB PLC Sydney Team 1 (5)  
 FX Gladstone Gymnastics (6)

**Session 4 - Level 5**  
 Warm Up: 3:00pm  
 Competition 3:30pm - 5:30pm

VT Waverley Gymnastics Centre Team 1 (6)  
 UB Southport (6)  
 BB Canberra City Gymnastics Club (6)  
 FX Premier Gymnastics Team 1 (6)

**Session 4 - Level 5**  
 Warm Up: 3:00pm  
 Competition 3:30pm - 5:30pm

VT Splitz Gym Team 2 (6)  
 UB Woden Valley Gymnastics Club (6)  
 BB North Narrabeen Academy of Gymnastics (6)  
 FX Southern Canberra Gymnastics Club Team 2 (5)

**Session 5 - Level 5**  
 Warm Up: 5:30pm  
 Competition: 6:00pm - 8:00pm

VT Southern Canberra Gymnastics Club Team 1 (6)  
 UB Barron Valley Gymnastics (6)  
 BB Contemporary Gymnastics Academy (5)  
 FX Chamford Gymnastics (6)

**Session 5 - Level 5**  
 Warm Up: 5:30pm  
 Competition: 6:00pm - 8:00pm

VT MLC Gymnastics (6)  
 UB PIT Gymnastics (6)  
 BB Varsity Lakes Trampoline and Gymnastics Club Team 1 (6)  
 FX Splitz Gym Team 1 (6)

**Session 5 - Level 5**  
 Warm Up: 5:30pm  
 Competition: 6:00pm - 8:00pm

VT Sydney Olympic Park Gymnastics Club (6)  
 UB BTYC Gymnastics Team 1 (6)  
 BB Pymble Ladies College (4)  
 FX PLC Sydney Team 2 (5)

## Level 5 - Day 2 (Friday 27 September)

**Appratus 1 - SAND**  
**Session 1 - Level 5**  
 Warm Up: 7:30am  
 Competition: 8:00am - 10:00am

VT Surf Team 6  
 UB Hinterland Team 6  
 BB Sand Team 7  
 FX Surf Team 7  
 SPARE Hinterland Team 7

**Appratus 2 - SURF**  
**Session 1 - Level 5**  
 Warm Up: 7:30am  
 Competition: 8:00am - 10:00am

VT Surf Team 13  
 UB Hinterland Team 13  
 BB Sand Team 14  
 FX Surf team 14  
 SPARE Hinterland Team 14

**Appratus 3 - HINTERLAND**  
**Session 1 - Level 5**  
 Warm Up: 7:30am  
 Competition: 8:00am - 10:00am

VT Surf Team 20  
 UB Hinterland Team 20  
 BB Sand Team 21  
 FX Surf Team 21  
 SAPRE Hinterland Team 21

**Session 2 - Level 5**  
 Warm Up: 10:00am  
 Competition: 10:30am - 12:30pm

VT Sand Team 5  
 UB Surf Team 5  
 BB Hinterland Team 5  
 FX Sand Team 6

**Session 2 - Level 5**  
 Warm Up: 10:00am  
 Competition: 10:30am - 12:30pm

VT Sand Team 12  
 UB Surf Team 12  
 BB Hinterland Team 12  
 FX Sand Team 13

**Session 2 - Level 5**  
 Warm Up: 10:00am  
 Competition: 10:30am - 12:30pm

VT Sand Team 19  
 UB Surf Team 19  
 BB Hinterland Team 19  
 FX Sand Team 20

**Session 3 - Level 5**  
 Warm up: 12:30pm  
 Competition: 1:00pm - 3:00pm

VT Hinterland Team 3  
 UB Sand Team 4  
 BB Surf Team 4  
 FX Hinterland Team 4

**Session 3 - Level 5**  
 Warm up: 12:30pm  
 Competition: 1:00pm - 3:00pm

VT Hinterland Team 10  
 UB Sand Team 11  
 BB Surf Team 11  
 FX Hinterland Team 11

**Session 3 - Level 5**  
 Warm up: 12:30pm  
 Competition: 1:00pm - 3:00pm

VT Hinterland Team 17  
 UB Sand Team 18  
 BB Surf Team 18  
 FX Hinterland Team 18

**Session 4 - Level 5**  
 Warm Up: 3:00pm  
 Competition 3:30pm - 5:30pm

VT Surf Team 2  
 UB Hinterland Team 2  
 BB Sand Team 3  
 FX Surf Team 3

**Session 4 - Level 5**  
 Warm Up: 3:00pm  
 Competition 3:30pm - 5:30pm

VT Surf Team 9  
 UB Hinterland Team 9  
 BB Sand Team 10  
 FX Surf Team 10

**Session 4 - Level 5**  
 Warm Up: 3:00pm  
 Competition 3:30pm - 5:30pm

VT Surf Team 16  
 UB Hinterland Team 16  
 BB Sand Team 17  
 FX Surf Team 17

**Session 5 - Level 5**  
 Warm Up: 5:30pm  
 Competition: 6:00pm - 8:00pm

VT Sand Team 1  
 UB Surf Team 1  
 BB Hinterland Team 1  
 FX Sand Team 2

**Session 5 - Level 5**  
 Warm Up: 5:30pm  
 Competition: 6:00pm - 8:00pm

VT Sand Team 8  
 UB Surf Team 8  
 BB Hinterland Team 8  
 FX Sand Team 9

**Session 5 - Level 5**  
 Warm Up: 5:30pm  
 Competition: 6:00pm - 8:00pm

VT Sand Team 15  
 UB Surf Team 15  
 BB Hinterland Team 15  
 FX Sand Team 16

Please be aware that while Day 2 will reverse rank order from the Day 1 slight alterations may be required to accommodate all teams (eg. smaller teams and individuals may be grouped together)

# 2019 National Clubs Carnival

## Level 6 - Day 1 (Tuesday 24 September)

**Appratus 1 - SAND**  
**Session 1 - Level 6**  
 Warm Up: 8:30am  
 Competition: 9:00am - 11:00am

VT High Flyers (4)  
 UB  
 BB North Narrabeen Academy of Gymnastics (5)  
 FX 360 GYMNASTICS (5)

**Appratus 2 - SURF**  
**Session 1 - Level 6**  
 Warm Up: 8:30am  
 Competition: 9:00am - 11:00am

VT Jets Gymnastics Diamond Creek (6)  
 UB Barron Valley Gymnastics (6)  
 BB Hobart PCYC Gymnastics Club (4) & Waverley Gymnastics (2)  
 FX Australian Academy of Gymnastics (4)

**Appratus 3 - HINTERLAND**  
**Session 1 - Level 6**  
 Warm Up: 8:30am  
 Competition: 9:00am - 11:00am

VT Coffs Coast Team 2 (4)  
 UB Koorana Gymnastics Club (3)  
 BB Icon Gymsports Team 2 (5)  
 FX Move It Gymnastics (4)

**Session 2 - Level 6**  
 Warm Up: 11:00am  
 Competition: 11:30am - 1:30pm

VT PIT Gymnastics (5)  
 UB CABOOLTURE PCYC (5)  
 BB Waverley Gymnastics Centre (6)  
 FX Pymble Ladies College (5)

**Session 2 - Level 6**  
 Warm Up: 11:00am  
 Competition: 11:30am - 1:30pm

VT Queenstown Gymnastics (4)  
 UB Cheltenham Youth Club (6)  
 BB Kingborough Gymsports (6)  
 FX Gungahlin Gymnastics (3) & North Coast Gymnastics (2)

**Session 2 - Level 6**  
 Warm Up: 11:00am  
 Competition: 11:30am - 1:30pm

VT Canberra City Gymnastics Club (5)  
 UB Premier Gymnastics Team 2 (4)  
 BB Gold Coast Gymnastics (4)  
 FX Territory Gymnastics Academy (6)

**Session 3 - Level 6**  
 Warm up: 2:00pm  
 Competition: 2:30pm - 4:30pm

VT Aerodynamix Gymnastics (6)  
 UB Delta Gymnastics Brisbane (6)  
 BB Geelong YMCA (6)  
 FX Central West Gymnastics (6)

**Session 3 - Level 6**  
 Warm up: 2:00pm  
 Competition: 2:30pm - 4:30pm

VT Super Performance Centre (3) & ENRG Gymnastics (1)  
 UB Lawnton Academy of Artistic Gymnastics (6)  
 BB Premier Gymnastics Team 1 (6)  
 FX Icon Gymsports Team 1 (6)

**Session 3 - Level 6**  
 Warm up: 2:00pm  
 Competition: 2:30pm - 4:30pm

VT Maroochy Beach Gymnastics Club (6)  
 UB Coffs Coast Gymnastics Team 1 (6)  
 BB YMCA Jamboree Heights (4)  
 FX Flyaway Gymnastics (6)

**Session 4 - Level 6**  
 Warm Up: 4:30pm  
 Competition 5:00pm - 7:00pm

VT BTYC Gymnastics (6)  
 UB Bunnerong Gymnastics (6)  
 BB Devonport Gymnastics Club (6)  
 FX Southport (6)

**Session 4 - Level 6**  
 Warm Up: 4:30pm  
 Competition 5:00pm - 7:00pm

VT Manly Warringah Gymnastics Club (6)  
 UB Western Districts Youth Club (6)  
 BB Spltz Gym (6)  
 FX Southern Canberra Gymnastics Club (5)

**Session 4 - Level 6**  
 Warm Up: 4:30pm  
 Competition 5:00pm - 7:00pm

VT Sydney Gymnastics Centre (3)  
 UB Pulse Gymnastics (5)  
 BB Infinity Gym Sports & Health (6)  
 FX Gladstone Gymnastics (5)

## Level 6 - Day 2 (Wednesday 25 September)

**Appratus 1 - SAND**  
**Session 1 - Level 6**  
 Warm Up: 8:00am  
 Competition: 8:30am - 11:00am

VT Surf Team 5  
 UB Hinterland Team 5  
 BB Sand Team 6  
 FX Surf Team 6  
 SPARE Hinterland Team 6

**Appratus 2 - SURF**  
**Session 1 - Level 6**  
 Warm Up: 8:00am  
 Competition: 8:30am - 11:00am

VT Surf Team 11  
 UB Hinterland Team 11  
 BB Sand Team 12  
 FX Surf team 12  
 SPARE Hinterland Team 12

**Appratus 3 - HINTERLAND**  
**Session 1 - Level 6**  
 Warm Up: 8:00am  
 Competition: 8:30am - 11:00am

VT Surf Team 16  
 UB Hinterland Team 16  
 BB Sand Team 17  
 FX Surf team 17  
 SPARE Hinterland Team 17

**Session 2 - Level 6**  
 Warm Up: 11:00am  
 Competition: 11:30am - 2:00pm

VT Hinterland Team 3  
 UB Sand Team 4  
 BB Surf Team 4  
 FX Hinterland Team 4  
 SPARE Sand Team 5

**Session 2 - Level 6**  
 Warm Up: 10:00am  
 Competition: 11:30am - 2:00pm

VT Hinterland Team 9  
 UB Sand Team 10  
 BB Surf Team 10  
 FX Hinterland Team 10  
 SPARE Sand Team 11

**Session 2 - Level 6**  
 Warm Up: 10:00am  
 Competition: 11:30am - 2:00pm

VT Hinterland Team 14  
 UB Sand Team 15  
 BB Surf Team 15  
 FX Hinterland Team 15  
 SPARE Sand Team 16

**Session 3 - Level 6**  
 Warm up: 2:30pm  
 Competition: 3:00pm - 5:00pm

VT Surf Team 2  
 UB Hinterland Team 2  
 BB Sand Team 3  
 FX Surf Team 3

**Session 3 - Level 6**  
 Warm up: 2:30pm  
 Competition: 3:00pm - 5:00pm

VT Surf Team 8  
 UB Hinterland Team 8  
 BB Sand Team 9  
 FX Surf Team 9

**Session 3 - Level 6**  
 Warm up: 2:30pm  
 Competition: 3:00pm - 5:00pm

VT Surf team 14  
 UB Hinterland Team 14  
 BB Sand Team 15  
 FX Surf Team 15

**Session 4 - Level 6**  
 Warm Up: 5:30pm  
 Competition 6:00pm - 8:00pm

VT Sand Team 1  
 UB Surf Team 1  
 BB Hinterland Team 1  
 FX Sand Team 2

**Session 4 - Level 6**  
 Warm Up: 5:30pm  
 Competition 6:00pm - 8:00pm

VT Sand Team 7  
 UB Surf Team 7  
 BB Hinterland Team 7  
 FX Sand Team 8

**Session 4 - Level 6**  
 Warm Up: 5:30pm  
 Competition 6:00pm - 8:00pm

VT Sand Team 13  
 UB Surf Team 13  
 BB Hinterland Team 13  
 FX Sand Team 14

Please be aware that while Day 2 will reverse rank order from the Day 1 slight alterations may be required to accommodate all teams (eg. smaller teams and individuals may be grouped together)

# 2019 National Clubs Carnival

## Level 7 - Day 1 (Friday 20 September)

**Appratus 1 - SAND**  
**Session 1 - Level 7**  
 Warm Up: 8:30am  
 Competition: 9:00am - 11:00am  
 VT Territory Gymnastics Academy (3) & BTYC Gymnastics (3)  
 UB YMCA Jamboree Heights (3) & Flyaway Gymnastics (3)  
 BB Kingborough Gymsports (3) & North Coast Gymnastics (1)  
 FX Sydney Gymnastics Centre (6)

**Appratus 2 - SURF**  
**Session 1 - Level 7**  
 Warm Up: 8:30am  
 Competition: 9:00am - 11:00am  
 VT Premier Gymnastics Team 2 (5)  
 UB Woden Valley Gymnastics Club (5)  
 BB Western Districts Youth Club Team 2 (5)  
 FX Gold Coast Gymnastics (3)

**Appratus 3 - HINTERLAND**  
**Session 1 - Level 7**  
 Warm Up: 8:30am  
 Competition: 9:00am - 11:00am  
 VT Infinity Gym Sports & Health Team 2 (4)  
 UB North Narrabeen Academy of Gymnastics (3)  
 BB Contemporary Gymnastics Academy (5)  
 FX Pulse Gymnastics Team 2 (4)

**Session 2 - Level 7**  
 Warm Up: 11:00am  
 Competition: 11:30am - 1:30pm  
 VT Active Gymnastics (4)  
 UB Carmel and Co Gymnastics (6)  
 BB Splitz Gym (5)  
 FX Canberra City Gymnastics Club (4)

**Session 2 - Level 7**  
 Warm Up: 11:00am  
 Competition: 11:30am - 1:30pm  
 VT Eastern Gymnastics Academy (6)  
 UB Central West Gymnastics (5)  
 BB Delta Gymnastics Brisbane (6)  
 FX Pymble Ladies College (6)

**Session 2 - Level 7**  
 Warm Up: 11:00am  
 Competition: 11:30am - 1:30pm  
 VT Bunnerong Gymnastics Team 2 (6)  
 UB Lawnton Academy of Artistic Gymnastics (5)  
 BB Dynamic Gymnastics Club Team 2 (3)  
 FX Manly Warringah Gymnastics Club Team 2 (6)

**Session 3 - Level 7**  
 Warm up: 2:00pm  
 Competition: 2:30pm - 4:30pm  
 VT 360 GYMNASTICS (5)  
 UB Koorana Gymnastics Club (6)  
 BB Premier Gymnastics Team 1(6)  
 FX MLC Gymnastics (6)

**Session 3 - Level 7**  
 Warm up: 2:00pm  
 Competition: 2:30pm - 4:30pm  
 VT Bunnerong Gymnastics Team 1 (6)  
 UB Dynamic Gymnastics Club Team 1 (5)  
 BB Chamford Gymnastics (5)  
 FX Southport (6)

**Session 3 - Level 7**  
 Warm up: 2:00pm  
 Competition: 2:30pm - 4:30pm  
 VT Aerodynamix Gymnastics (6)  
 UB Barron Valley Gymnastics (5)  
 BB Pulse Gymnastics Team 1(5)  
 FX Southern Canberra Gymnastics Club (4)

**Session 4 - Level 7**  
 Warm Up: 4:30pm  
 Competition 5:00pm - 7:00pm  
 VT PLC Sydney (6)  
 UB Manly Warringah Gymnastics Club Team 1 (6)  
 BB Robertson Gymnastics (6)  
 FX Western Districts Youth Club Team 1(6)

**Session 4 - Level 7**  
 Warm Up: 4:30pm  
 Competition 5:00pm - 7:00pm  
 VT Balance Gymnastics (6)  
 UB Infinity Gym Sports & Health Taem 1 (6)  
 BB Waverley Gymnastics Centre (5)  
 FX Cheltenham Youth Club (5)

**Session 4 - Level 7**  
 Warm Up: 4:30pm  
 Competition 5:00pm - 7:00pm  
 VT Coffs Coast Gymnastics (5)  
 UB Sydney Olympic Park Gymnastics Club (4)  
 BB Geelong YMCA (4)  
 FX Mareeba Gymnastics Club (3) & Australian Academy of Gymnastics (2)

 Bars Up

## Level 7 - Day 2 (Saturday 21 September)

**Appratus 1 - SAND**  
**Session 1 - Level 7**  
 Warm Up: 8:00am  
 Competition: 8:30am - 11:00am  
 VT Surf Team 5  
 UB Hinterland Team 5  
 BB Sand Team 6  
 FX Surf Team 6  
 SPARE Hinterland Team 6

**Appratus 2 - SURF**  
**Session 1 - Level 7**  
 Warm Up: 8:00am  
 Competition: 8:30am - 11:00am  
 VT Surf Team 11  
 UB Hinterland Team 11  
 BB Sand Team 12  
 FX Surf team 12  
 SPARE Hinterland Team 12

**Appratus 3 - HINTERLAND**  
**Session 1 - Level 7**  
 Warm Up: 8:00am  
 Competition: 8:30am - 11:00am  
 VT Surf Team 16  
 UB Hinterland Team 16  
 BB Sand Team 17  
 FX Surf team 17  
 SPARE Hinterland Team 17

**Session 2 - Level 7**  
 Warm Up: 11:00am  
 Competition: 11:30am - 2:00pm  
 VT Hinterland Team 3  
 UB Sand Team 4  
 BB Surf Team 4  
 FX Hinterland Team 4  
 SPARE Sand Team 5

**Session 2 - Level 7**  
 Warm Up: 10:00am  
 Competition: 11:30am - 2:00pm  
 VT Hinterland Team 9  
 UB Sand Team 10  
 BB Surf Team 10  
 FX Hinterland Team 10  
 SPARE Sand Team 11

**Session 2 - Level 7**  
 Warm Up: 10:00am  
 Competition: 11:30am - 2:00pm  
 VT Hinterland Team 14  
 UB Sand Team 15  
 BB Surf Team 15  
 FX Hinterland Team 15  
 SPARE Sand Team 16

**Session 3 - Level 7**  
 Warm up: 2:30pm  
 Competition: 3:00pm - 5:00pm  
 VT Surf Team 2  
 UB Hinterland Team 2  
 BB Sand Team 3  
 FX Surf Team 3

**Session 3 - Level 7**  
 Warm up: 2:30pm  
 Competition: 3:00pm - 5:00pm  
 VT Surf Team 8  
 UB Hinterland Team 8  
 BB Sand Team 9  
 FX Surf Team 9

**Session 3 - Level 7**  
 Warm up: 2:30pm  
 Competition: 3:00pm - 5:00pm  
 VT Surf team 14  
 UB Hinterland Team 14  
 BB Sand Team 15  
 FX Surf Team 15

**Session 4 - Level 7**  
 Warm Up: 5:30pm  
 Competition 6:00pm - 8:00pm  
 VT Sand Team 1  
 UB Surf Team 1  
 BB Hinterland Team 1  
 FX Sand Team 2

**Session 4 - Level 7**  
 Warm Up: 5:30pm  
 Competition 6:00pm - 8:00pm  
 VT Sand Team 7  
 UB Surf Team 7  
 BB Hinterland Team 7  
 FX Sand Team 8

**Session 4 - Level 7**  
 Warm Up: 5:30pm  
 Competition 6:00pm - 8:00pm  
 VT Sand Team 13  
 UB Surf Team 13  
 BB Hinterland Team 13  
 FX Sand Team 14

Plesae be aware that while Day 2 will reverse rank order from the Day 1 slight alterations may be required to accommodate all teams (eg. smaller teams and individuals may be grouped together)

# 2019 National Clubs Carnival

## Level 8 - Day 1 (Sunday 22 September)

### Appratus 1 - SAND

#### Session 1 - Level 8

General Warm Up: 8:00am - 8:20am  
Apparatus Warm Up: 8:20am - 9:20am  
Competition: 9:30am - 11:30am

VT Southport (3)  
UB  
BB Northern Districts Gymnastic Club (4)  
FX Southern Canberra Gymnastics Club (3)

#### Session 2 - Level 8

General Warm Up: 10:30am - 10:50am  
Apparatus Warm Up: 10:50am - 11:50am  
Competition: 12:00pm - 2:00pm

VT Kingborough Gymsports (4) & Gungahlin Gymnastics (1)  
UB Premier Gymnastics Team 1(6)  
BB Southern Canberra Gymnastics Club (3)  
FX

#### Session 3 - Level 8

General Warm Up: 12:30pm - 12:50pm  
Apparatus Warm Up: 12:50pm - 1:50pm  
Competition: 2:00pm - 4:00pm

VT Gold Coast Gymnastics (3)  
UB Geelong YMCA Team 2 (4)  
BB Maroochy Beach Gymnastics Club (4)  
FX Lawnton Academy of Artistic Gymnastics (4)

#### Session 4 - Level 8

General Warm Up: 3:00pm - 3:20pm  
Apparatus Warm Up: 3:20pm - 4:20pm  
Competition: 4:30pm - 6:30pm

VT Cheltenham Youth Club (5)  
UB Active Gymnastics (5)  
BB Tamworth Gymnastics Club (6)  
FX Waverley Gymnastics Centre (5)

### Appratus 2 - SURF

#### Session 1 - Level 8

General Warm Up: 8:00am - 8:20am  
Apparatus Warm Up: 8:20am - 9:20am  
Competition: 9:30am - 11:30am

VT Saints Gym Club (5)  
UB Pulse Gymnastics (3) & Australian Academy of Gymnastics (1)  
BB Western Districts Youth Club Team 2 (4) & So Fun Gymnastics (1)  
FX

#### Session 2 - Level 8

General Warm Up: 10:30am - 10:50am  
Apparatus Warm Up: 10:50am - 11:50am  
Competition: 12:00pm - 2:00pm

VT Canberra City Gymnastics Club (4)  
UB  
BB Western Districts Youth Club Team 1 (4) & Sydney Gymnastics Centre (1)  
FX Manly Warringah Gymnastics Club (5)

#### Session 3 - Level 8

General Warm Up: 12:30pm - 12:50pm  
Apparatus Warm Up: 12:50pm - 1:50pm  
Competition: 2:00pm - 4:00pm

VT Premier Gymnastics Team 2 (3)  
UB Flyaway Gymnastics (3)  
BB Bunnerong Gymnastics (6)  
FX Delta Gymnastics Brisbane (6)

#### Session 4 - Level 8

General Warm Up: 3:00pm - 3:20pm  
Apparatus Warm Up: 3:20pm - 4:20pm  
Competition: 4:30pm - 6:30pm

VT Jets Gymnastics Diamond Creek (5)  
UB Geelong YMCA Team 1 (5)  
BB PIT Gymnastics (5)  
FX Icon Gymsports (6)

### Bars Up

## Level 8 - Day 2 (Monday 23 September)

### Appratus 1 - SAND

#### Session 1 - Level 8

General Warm Up: 8:00am - 8:20am  
Apparatus Warm Up: 8:20am - 9:20am  
Competition: 9:30am - 11:30am

VT Sand 7  
UB Surf 7  
BB Sand 8  
FX Surf 8

#### Session 2 - Level 8

General Warm Up: 10:30am - 10:50am  
Apparatus Warm Up: 10:50am - 11:50am  
Competition: 12:00pm - 2:00pm

VT Sand 5  
UB Surf 5  
BB Sand 6  
FX Surf 6

#### Session 3 - Level 8

General Warm Up: 12:30pm - 12:50pm  
Apparatus Warm Up: 12:50pm - 1:50pm  
Competition: 2:00pm - 4:00pm

VT Sand 3  
UB Surf 3  
BB Sand 4  
FX Surf 4

#### Session 4 - Level 8

General Warm Up: 3:00pm - 3:20pm  
Apparatus Warm Up: 3:20pm - 4:20pm  
Competition: 4:30pm - 6:30pm

VT Sand 1  
UB Surf 1  
BB Sand 2  
FX Surf 2

### Appratus 2 - SURF

#### Session 1 - Level 8

General Warm Up: 8:00am - 8:20am  
Apparatus Warm Up: 8:20am - 9:20am  
Competition: 9:30am - 11:30am

VT Sand 15  
UB Surf 15  
BB Sand 16  
FX Surf 16

#### Session 2 - Level 8

General Warm Up: 10:30am - 10:50am  
Apparatus Warm Up: 10:50am - 11:50am  
Competition: 12:00pm - 2:00pm

VT Sand 13  
UB Surf 13  
BB Sand 14  
FX Surf 14

#### Session 3 - Level 8

General Warm Up: 12:30pm - 12:50pm  
Apparatus Warm Up: 12:50pm - 1:50pm  
Competition: 2:00pm - 4:00pm

VT Sand 11  
UB Surf 11  
BB Sand 12  
FX Surf 12

#### Session 4 - Level 8

General Warm Up: 3:00pm - 3:20pm  
Apparatus Warm Up: 3:20pm - 4:20pm  
Competition: 4:30pm - 6:30pm

VT Sand 9  
UB Surf 9  
BB Sand 10  
FX Surf 10

# 2019 National Clubs Carnival

Level 10 - Day 1  
(Saturday 28 September)

Level 10 - Day 2  
(Sunday 29 September)

## Apparatus 1 - SAND

### Session 1 - Level 10

*General Warm Up: 7:30am - 7:50am*

*Apparatus Warm Up: 7:50am - 8:50am*

*Competition: 9:00am - 11:00am*

**VT** Canberra City Gymnastics Club (4) & Gold Coast Gymnastics (2)

**UB** Delta Gymnastics Brisbane Team 2 (6)

**BB** Eclipse Gymnastics Team 3 (5) & Infinity Gym Sports & Health (1)

**FX** MLC Gymnastics (4) & Northern Districts Gymnastic Club (3)

## Apparatus 1 - SAND

### Session 1 - Level 10

*General Warm Up: 7:30am - 7:50am*

*Apparatus Warm Up: 7:50am - 8:50am*

*Competition: 9:00am - 11:00am*

**VT** Team 13

**UB** Team 14

**BB** Team 15

**FX** Team 16

### Session 2 - Level 10

*General Warm Up: 9:30am - 9:50am*

*Apparatus Warm Up: 9:50am - 10:50am*

*Competition: 11:00am - 1:00pm*

**VT** Eclipse Gymnastics Team 2 (4) & High Flyers (1)

**UB** Balance Gymnastics (5) & Australian Academy of Gymnastics (1)

**BB** Delta Gymnastics Brisbane Team 1 (6)

**FX** Cheltenham Youth Club (4) & Flyaway Gymnastics (2)

### Session 2 - Level 10

*General Warm Up: 9:30am - 9:50am*

*Apparatus Warm Up: 9:50am - 10:50am*

*Competition: 11:00am - 1:00pm*

**VT** Team 9

**UB** Team 10

**BB** Team 11

**FX** Team 12

### Session 3 - Level 10

*General Warm Up: 12:00pm - 12:20pm*

*Apparatus Warm Up: 12:20pm - 1:20pm*

*Competition: 1:30pm - 3:30pm*

**VT** Premier Gymnastics (6)

**UB** Shire Gymnastics (6)

**BB** Wollongong City Gymnastics (5)

**FX** Eastern Gymnastics Academy (4) & Western Districts Youth Club (1)

### Session 3 - Level 10

*General Warm Up: 12:00pm - 12:20pm*

*Apparatus Warm Up: 12:20pm - 1:20pm*

*Competition: 1:30pm - 3:30pm*

**VT** Team 5

**UB** Team 6

**BB** Team 7

**FX** Team 8

### Session 4 - Level 10

*General Warm Up: 2:00pm - 2:20pm*

*Apparatus Warm Up: 2:20pm - 3:20pm*

*Competition: 3:30pm - 5:30pm*

**VT** Infinity Gym Sports & Health (6)

**UB** Maroochy Beach Gymnastics Club (5)

**BB** Eclipse Gymnastics Team 1 (4)

**FX** Southport (5)

### Session 4 - Level 10

*General Warm Up: 2:00pm - 2:20pm*

*Apparatus Warm Up: 2:20pm - 3:20pm*

*Competition: 3:30pm - 5:30pm*

**VT** Team 1

**UB** Team 2

**BB** Team 3

**FX** Team 4

Please be aware that while Day 2 will reverse rank order from the Day 1 slight alterations may be required to accommodate all teams (eg. smaller teams and individuals may be grouped together)