



**Gymnastics**  
Australia



**Gymnastics for All**  
**Competition Work Order**  
**Version 1**  
**Updated: 02/9/19**

# GA - National Clubs Carnival - TeamGym - 14th September, 2019

## SESSION 1

Team Gym Coach Registration & Coaches Briefing	11.15 - 11.30am
General Warmup & Judges Briefing	11.30 - 11.50am
March On & Team Introduction	11.50 - 12.00pm
Competition	11.30 - 1.40pm
Presentation	1.40 - 2.00pm

GROUPS	GROUP A - Palmer's x 3	GROUP B Swan Districts x 1 + Woden Valley x 1 + Kimnastix x 1	GROUP C Allstar Gym x 1 + J.A Gymsports x 1	Volunteers	Club			
	Floor	Mini-Tramp	Tumbling	Announcer	J.A Gymsports			
Rotation 1	A	B	C	Music	Palmer's / D'Vine			
Rotation 2	C	A	B	Data Entry - Scoring	Palmer's / D'Vine			
Rotation 3	B	C	A	Runner - Score Sheets	WV/D'V/Palmer's			
Pg 1				Floor Marshal	Palmer's / Swan D			
Estimated Time	<b>WARM-UP</b>			<b>COMPETE</b>				
	<b>FLOOR</b>	<b>MINI-TRAMP</b>	<b>TUMBLING</b>					
12.00-12.03	Palmer's Gym <i>Moama Maniacs - Int</i>	Swan Districts <i>Black Ice - Adv</i>	Allstar Gymnastics <i>Glennie Legends - Int</i>					
12.03-12.06	Palmer's Gym <i>Chicken Palmers - Int</i>	Woden Valley - Int <i>Woden Valley Wonders</i>	J.A Gymsports <i>J.A Gymsports - Int</i>					
12.06-12.09			Palmer's Gym <i>Moama Maniacs - Int</i>			FLR	1	
12.09-12.12	Palmer's Gym - Adv <i>Palmer and Chips</i>					Swan Districts <i>Black Ice - Adv</i>	M - T	2
12.12-12.15			Kimnastix - Adv <i>Kimnastix Kool Katz</i>			Allstar Gymnastics <i>Glennie Legends - Int</i>	TUM	3
12.15-12.18			Swan Districts <i>Black Ice - Adv</i>			Palmer's Gym <i>Chicken Palmers - Int</i>	FLR	4
12.18-12.21	Allstar Gymnastics <i>Glennie Legends - Int</i>					Woden Valley - Int <i>Woden Valley Wonders</i>	M - T	5
12.21-12.24			Palmer's Gym <i>Moama Maniacs - Int</i>			J.A Gymsports <i>J.A Gymsports - Int</i>	TUM	6
12.24-12.27			Woden Valley - Int <i>Woden Valley Wonders</i>			Palmer's Gym - Adv <i>Palmer and Chips</i>	FLR	7
12.27-12.30	J.A Gymsports <i>J.A Gymsports - Int</i>					Kimnastix - Adv <i>Kimnastix Kool Katz</i>	M - T	8
12.30-12.33			Palmer's Gym <i>Chicken Palmers - Int</i>	Swan Districts <i>Black Ice - Adv</i>	TUM	9		
12.33-12.36			Kimnastix - Adv <i>Kimnastix Kool Katz</i>	Allstar Gymnastics <i>Glennie Legends - Int</i>	FLR	10		
12.36-12.39	Swan Districts <i>Black Ice - Adv</i>			Palmer's Gym <i>Moama Maniacs - Int</i>	M - T	11		
12.39-12.42			Palmer's Gym - Adv <i>Palmer and Chips</i>	Woden Valley - Int <i>Woden Valley Wonders</i>	TUM	12		

# GA - National Clubs Carnival - TeamGym - 14th September, 2019

## SESSION 1

Pg 2 Estimated Time	WARM-UP			COMPETE		
	FLOOR	MINI-TRAMP	TUMBLING			
12.42-12.45			Palmer's Gym <i>Moama Maniacs - Int</i>	J.A Gymsports <i>J.A Gymsports - Int</i>	FLR	13
12.45-12.48	Woden Valley - Int <i>Woden Valley Wonders</i>			Palmer's Gym <i>Chicken Palmers - Int</i>	M - T	14
12.48-12.51		Allstar Gymnastics <i>Glennie Legends - Int</i>		Kimnastix - Adv <i>Kimnastix Kool Katz</i>	TUM	15
12.51-12.54			Palmer's Gym <i>Chicken Palmers - Int</i>	Swan Districts <i>Black Ice - Adv</i>	FLR	16
12.54-12.57	Kimnastix - Adv <i>Kimnastix Kool Katz</i>			Palmer's Gym - Adv <i>Palmer and Chips</i>	M - T	17
12.57-1.00		J.A Gymsports <i>J.A Gymsports - Int</i>		Palmer's Gym <i>Moama Maniacs - Int</i>	TUM	18
1.00-1.03			Palmer's Gym - Adv <i>Palmer and Chips</i>	Woden Valley - Int <i>Woden Valley Wonders</i>	FLR	19
1.03-1.06				Allstar Gymnastics <i>Glennie Legends - Int</i>	M - T	20
1.06-1.09				Palmer's Gym <i>Chicken Palmers - Int</i>	TUM	21
1.09-1.12				Kimnastix - Adv <i>Kimnastix Kool Katz</i>	FLR	22
1.12-1.15				J.A Gymsports <i>J.A Gymsports - Int</i>	M - T	23
1.15-1.18				Palmer's Gym - Adv <i>Palmer and Chips</i>	TUM	24

PRESENTATION 1.30pm-1.50pm

### Session 1 - Volunteers

Role			
MC	Adrian Noblet		
MUSIC	Jacki Leed	Zoe Turnbull	
SCORE TABLE	Kim Bennett	Gina Burns	Jacqui Turnbull
FLOOR MANAGER	Jordan Jaques		
Apparatus Marshall	Jana Stolt	Glen McFadden	Erin Perry
Video (if available)	Bethany Rowell	Amber Ferrari	Ella Drayton
	Kharlyn Usher	Layleh Khaled	
Runner	Melissa Grundy	Michelle Pumpa	Megan Taylor

# GA - National Clubs Carnival - TeamGym - 15th September, 2019

## SESSION 2

Team Gym Coach Registration & Coaches Briefing	7.45 - 8.00am
General Warmup & Judges Briefing	8.00 - 8.20am
March On & Team Introduction	8.20 - 8.30am
Competition	8.30 - 10.30am
Presentation	10.40 - 11.00am

GROUPS	GROUP A - Woden Valley x 2 +	GROUP B - So Fun Gymnastics	GROUP C - Swan Districts x 1 +	Volunteers		Club				
	Floor	Mini-Tramp	Tumbling	Announcer	Palmers					
Rotation 1	A	B	C	Music	GQld					
Rotation 2	C	A	B	Data Entry - Scoring	Swan Districts					
Rotation 3	B	C	A	Runner - Score Sheets						
Pg 1				Floor Marshal						
Estimated Time	<b>WARM-UP</b>			<b>COMPETE</b>						
	<b>FLOOR</b>	<b>MINI-TRAMP</b>	<b>TUMBLING</b>							
8.30-8.33	Woden Valley - Nov <i>Woden Valley Spunks</i>	So Fun Gymnastics <i>Nuf Os - Int</i>	Swan Districts <i>Mystic Blue - Int</i>							
8.33-8.36	Woden Valley - Nov <i>Groove and Move</i>	So Fun Gymnastics <i>Rug Rats - Nov</i>	Kimnastix - Int <i>Kimnastix Krazies</i>							
8.36-8.39			Woden Valley - Nov <i>Woden Valley Spunks</i>				FLR	1		
8.39-8.42	Katherine - Nov <i>Active Feet Katherine</i>						So Fun Gymnastics <i>Nuf Os - Int</i>	M - T	2	
8.42-8.45	So Fun Gymnastics <i>Little Rascals - Nov</i>						Swan Districts <i>Mystic Blue - Int</i>	TUM	3	
8.45-8.48			D'Vine Gymsports <i>D'Vine Divas - Opn</i>				Woden Valley - Nov <i>Groove and Move</i>	FLR	4	
8.48-8.51	Sydney Gym Centre <i>SGC Butterflies - Nov</i>						So Fun Gymnastics <i>Rug Rats - Nov</i>	M - T	5	
8.51-8.54	Woden Valley - Nov <i>Woden Valley Spunks</i>						Kimnastix - Int <i>Kimnastix Krazies</i>	TUM	6	
8.54-8.57			So Fun Gymnastics <i>Nuf Os - Int</i>	Katherine - Nov <i>Active Feet Katherine</i>	FLR	7				
8.57-9.00	Swan Districts <i>Mystic Blue - Int</i>			So Fun Gymnastics <i>Little Rascals - Nov</i>	M - T	8				
9.00-9.03	Woden Valley - Nov <i>Groove and Move</i>				D'Vine Gymsports <i>D'Vine Divas - Opn</i>	TUM	9			
9.03-9.06			So Fun Gymnastics <i>Rug Rats - Nov</i>	Sydney Gym Centre <i>SGC Butterflies - Nov</i>	FLR	10				
9.06-9.09	Kimnastix - Int <i>Kimnastix Krazies</i>			Woden Valley - Nov <i>Woden Valley Spunks</i>	M - T	11				
9.09-9.12	Katherine - Nov <i>Active Feet Katherine</i>				So Fun Gymnastics <i>Nuf Os - Int</i>	TUM	12			
9.12-9.15			So Fun Gymnastics <i>Little Rascals - Nov</i>	Swan Districts <i>Mystic Blue - Int</i>	FLR	13				
9.15-9.18	D'Vine Gymsports <i>D'Vine Divas - Opn</i>			Woden Valley - Nov <i>Groove and Move</i>	M - T	14				
9.18-9.21	Sydney Gym Centre <i>SGC Butterflies - Nov</i>				So Fun Gymnastics <i>Rug Rats - Nov</i>	TUM	15			

# GA - National Clubs Carnival - TeamGym - 15th September, 2019

## SESSION 2

Pg 2 Estimated Time	WARM-UP			COMPETE		
	FLOOR	MINI-TRAMP	TUMBLING			
9.21-9.24			Woden Valley - Nov <i>Woden Valley Spunks</i>	Kimnastix - Int <i>Kimnastix Krazies</i>	FLR	16
9.24-9.27	So Fun Gymnastics <i>Nuf Os - Int</i>			Katherine - Nov <i>Active Feet Katherine</i>	M - T	17
9.27-9.30		Swan Districts <i>Mystic Blue - Int</i>		So Fun Gymnastics <i>Little Rascals - Nov</i>	TUM	18
9.30-9.33			Woden Valley - Nov <i>Groove and Move</i>	D'Vine Gymsports <i>D'Vine Divas - Opn</i>	FLR	19
9.33-9.36	So Fun Gymnastics <i>Rug Rats - Nov</i>			Sydney Gym Centre <i>SGC Butterflies - Nov</i>	M - T	20
9.36-9.39		Kimnastix - Int <i>Kimnastix Krazies</i>		Woden Valley - Nov <i>Woden Valley Spunks</i>	TUM	21
9.39-9.42			Katherine - Nov <i>Active Feet Katherine</i>	So Fun Gymnastics <i>Nuf Os - Int</i>	FLR	22
9.42-9.45	So Fun Gymnastics <i>Little Rascals - Nov</i>			Swan Districts <i>Mystic Blue - Int</i>	M - T	23
9.45-9.48				Woden Valley - Nov <i>Groove and Move</i>	TUM	24
9.48-9.51			Sydney Gym Centre <i>SGC Butterflies - Nov</i>	So Fun Gymnastics <i>Rug Rats - Nov</i>	FLR	25
9.51-9.54				Kimnastix - Int <i>Kimnastix Krazies</i>	M - T	26
9.54-9.57		D'Vine Gymsports <i>D'Vine Divas - Opn</i>		Katherine - Nov <i>Active Feet Katherine</i>	TUM	27
9.57-10.00				So Fun Gymnastics <i>Little Rascals - Nov</i>	FLR	28
10.00-10.03				Sydney Gym Centre <i>SGC Butterflies - Nov</i>	TUM	29
10.03-10.20				D'Vine Gymsports <i>D'Vine Divas - Opn</i>	M - T	30

PRESENTATION 10.40am-11.00am

### Session 2 - Volunteers

Role		
MC	Kat Ritchie	
MUSIC	Kajsa McNaught	
SCORE TABLE	Amanda Gordon	Leanne Sarich
FLOOR MANAGER	Jordan Jaques	
Apparatus Marshall		
Video (if available)		
Runner		



# 2019 Gym4Life Challenge

## Performance Work Order

Club	Team Name	Warm Up 1	Warm Up 2	Marshall Time	Performance Time
Team Adrenalin	A Whole New World	9:02:00	9:09:00	9:23:00	9:30:00
Katherine Gymnastics Club	Active Feet Katherine	9:09:00	9:16:00	9:30:00	9:37:00
Palmer's Gym	Palmer's Performance Team	9:16:00	9:23:00	9:37:00	9:44:00
Skylark Gymnastics	Skylark Ninja Squad	9:23:00	9:30:00	9:44:00	9:51:00
Woden Valley Gymnastics Club	Puppet Master	9:30:00	9:37:00	9:51:00	9:58:00
Swan Districts Gymnastics	Swan Districts Gymnastics Performance Team	9:37:00	9:44:00	9:58:00	10:05:00
Woden Valley Gymnastics Club	As Time Goes By	9:44:00	9:51:00	10:05:00	10:12:00
Kimnastix	Bring it On	9:51:00	9:58:00	10:12:00	10:19:00
Amazon Dance & Aerobics	The Acca Daccas	9:58:00	10:05:00	10:19:00	10:26:00
Woden Valley Gymnastics Club	Superheroes	10:05:00	10:12:00	10:26:00	10:33:00
Team Adrenalin	Rio	10:12:00	10:19:00	10:33:00	10:40:00



# 2019 Gym4Life Challenge

## Outdoor Performance Work Order

Club	Team Name	Team Size	Performance Time
Team Adrenalin	Rio	Large	2:00pm
Katherine Gymnastics Club	Active Feet Katherine	Small	2:07pm
Skylark Gymnastics	Skylark Ninja Squad	Small	2:14pm
Woden Valley Gymnastics Club	Superheroes	Large	2:21pm
Team Adrenalin	A Whole New World	Large	2:28pm
Harry's FreeG Team	SXL	N/A	2:35pm
Finale Dance			



## Release Your Freedom @ NCC 2019 Qualifications Running Order

### SATURDAY

2.40pm General warm up – in training hall behind curtain

2.45pm Coach and Judge briefing / course construction

**3.10pm ATHLETE GROUP 1: 5-10yrs Speed-run - course walk & warm-up**

1	Reece	Rickard	Vision Gymsports
2	Madeline	Garrett	Swan Districts
3	Sophie	Ellis	Swan Districts
4	Julia	Rogerson	Swan Districts
5	Alexander	Torrens	Swan Districts
6	Annabelle	Christie-Stolt	Swan Districts
7	Evelyn	Trew	Swan Districts
8	Lily	Keightly	Woden Valley
9	Darci	Cadogan	Woden Valley
10	Emma	Storrie	Woden Valley
11	Claudia	Kilpin	Woden Valley
12	Sophie	Taylor	Woden Valley
13	Arizona	Durrant	Woden Valley
14	Ainsley	Aitken	Woden Valley
15	Domenica	Bandiera	Super Performance Centre
16	Carter	Washbourn	Super Performance Centre
17	Lucca	Autilio	Super Performance Centre
18	Remy	Mattana	SXL
19	Lucca	Rogers	SXL
20	Kate	Astbury	Kimnastix
21	Mikaela	Parsons	Kimnastix
22	Nikila	Varndell	Kimnastix
23	Ruby	Hansen	Kimnastix

**3.20pm ATHLETE GROUP 1: 5-10yrs Speed-run – as above – COMPETITION**

**3.45pm ATHLETE GROUP 2: 11-15 yrs Speed-run (1 of 2) – course walk & warm-up**

24	Amberley	Greentree	Vision Gymsports
25	Addison	Greentree	Vision Gymsports
26	Riley	Watts	Vision Gymsports
27	Liam	Groth	Vision Gymsports
28	Zayne	Kalocsay	Vision Gymsports
29	Corbin	Howard	Vision Gymsports
30	Alexis	Dimitrakopoulos	SKYLARK
31	James	Dimitrakopoulos	SKYLARK
32	Christos	Katra	SKYLARK
33	Matteo	Macali	SKYLARK
34	Sean	Roe	SKYLARK



35	Deezi	Dekauwe	SKYLARK
36	Harry	Mcorrie	Bankstown City YMCA
37	Talisha	Sarich	Swan Districts
38	Mikayla	Shiple	Swan Districts
39	Kyan	Macdougall-Hull	Swan Districts
40	Trey	Macdougall-Hull	Swan Districts
41	Joel	Stonham	Swan Districts
42	Cassidy	Kings	Swan Districts
43	Rivalee	McEwen	Swan Districts
44	Grace	O'Dowd	SXL
45	Adam	Lingard	SXL

**3.55pm ATHLETE GROUP 2: 11-15 yrs Speed-run (1 of 2 – as above) – COMPETITION**

**4.20pm ATHLETE GROUP 3: 11-15yrs Speed-run (2 of 2) – course walk & warm-up**

46	Chelsea	Travascus	Woden Valley
47	Anna	Kemp	Woden Valley
48	Flynn	Katsoolis	Woden Valley
49	Charlotte	Hillsdon	Woden Valley
50	Danica	Lucas-Alagic	Woden Valley
51	Daisy	Katsoolis	Woden Valley
52	Romy	Liddicoat-Choi	Woden Valley
53	Liam	Niotakis	Gold Coast Gymnastics
54	Zahn	Aston	Gold Coast Gymnastics
55	Joshua	Robinson	Gold Coast Gymnastics
56	Kalijah	Walker	Super Performance Centre
57	Braydon	Turner	Super Performance Centre
58	Ethan	Casey	Super Performance Centre
59	Mackenzie	Weatherley	Kimnastix
60	Kiralee	Pearce	Kimnastix
61	Kara	Woodley	Kimnastix
62	Madison	Horne	Kimnastix
63	Ebony	Cullen	Kimnastix
64	Amelia	Norton	Kimnastix
65	Charlotte	St Clare	Kimnastix
66	Taylee	Smith	Kimnastix
67	Kiara	Priestland	Kimnastix
68	Ashlee	McGonigal	Kimnastix

**4.30pm ATHLETE GROUP 3: 11-15yrs Speed-run (2 of 2 – as above) – COMPETITION**

**4.55pm ATHLETE GROUP 4: 16-35yrs and Masters Speed-run – course walk & warm up**

69	Teaghan	Barwell	SKYLARK
70	Lucy	Clapperton	SKYLARK
71	Levi	Gould	SKYLARK
72	Damien	Hughes	SKYLARK
73	Christian	Kossivas	SKYLARK
74	Alexander	Smid	SKYLARK
75	Mackenzie	Islas	SKYLARK
76	Jayden	Sarich	Swan Districts
77	Taylah	Cartwright	Swan Districts
78	Alyvea	Harper	Swan Districts
79	Mya	George	Swan Districts
80	Cerys	Bell-Bedlow	Swan Districts
81	Jerushah	Bull	Woden Valley

82	Abiah	Bull	Woden Valley
83	Josh	Reis	Woden Valley
84	Rozanna	Iglewski	Woden Valley
85	Robyn	Jenkins	Woden Valley
86	Leo	Dobes	Woden Valley
87	Ryan	Catanzariti	Gold Coast Gymnastics
88	Harrison	Pittorino	Super Performance Centre
89	Daniel	Schuster	SXL
90	Bella	Tomkins	Kimnastix
91	Emily	Gale	Kimnastix
92	Vincent	Piazzetta	Bankstown City YMCA
93	Stephen	Clay-Williams	Bankstown City YMCA
94	Tristan	Hodder	Vision Gymsports

**5.05pm ATHLETE GROUP 4: 16-35 and Masters Speed Run – as above – COMPETITION**

05.35pm Apparatus reset for Freestyle

Please note: Athlete order and grouping is different for Freestyle

**5.40pm ATHLETE GROUP 5: INT Freestyle (1 of 2) - course walk & warm up**

1	Amberley	Greentree	Vision Gymsports
2	Addison	Greentree	Vision Gymsports
3	Liam	Groth	Vision Gymsports
4	Reece	Rickard	Vision Gymsports
5	Zahn	Aston	Gold Coast Gymnastics
6	Joshua	Robinson	Gold Coast Gymnastics
7	Kalijah	Walker	Super Performance Centre
8	Domenica	Bandiera	Super Performance Centre
9	Carter	Washbourn	Super Performance Centre
10	Remy	Mattana	SXL
11	Grace	O'Dowd	SXL
12	Lucca	Rogers	SXL
13	Adam	Lingard	SXL

Coaches are to be on the floor for warm up. Listen for spotting advice.

**5.50pm ATHLETE GROUP 5: INT Freestyle – as above – COMPETITION**

**6.10pm ATHLETE GROUP 6: ADV & ELITE Freestyle – course walk & warm up**

14	Ryan	Catanzarita	Gold Coast Gymnastics
15	Liam	Niotakis	Gold Coast Gymnastics
16	Braydon	Turner	Super Performance Centre
17	Ethan	Casey	Super Performance Centre
18	Harrison	Pittorino	Super Performance Centre
19	Lucca	Autilio	Super Performance Centre
20	James	Dimitrakopoulos	SKYLARK
21	Levi	Gould	SKYLARK
22	Daniel	Schuster	SXL
23	Harrison	Gabriel	SXL
24	Stephen	Clay-Williams	Bankstown City YMCA
25	Vincent	Piazzetta	Bankstown City YMCA
26	Harry	Mcorrie	Bankstown City YMCA

27	Corbin	Howard	Vision Gymsports
28	Zayne	Kalocsay	Vision Gymsports
29	Riley	Watts	Vision Gymsports
30	Tristan	Hodder	Vision Gymsports

**6.20pm ATHLETE GROUP 7: ADV & ELITE Freestyle – as above – COMPETITION**

6.45pm Announcement of Finalists



## Release Your Freedom @ NCC 2019 FINALS Running Order

### SUNDAY

1.40pm General warm up – in training hall behind curtain

1.45pm Coach and Judge briefing / course construction

**2.00pm ATHLETE GROUP 1: 5-10yrs & 11-15yrs Speed-run - course walk & warm-up**

1	5-10yr	8 <sup>th</sup> place Q	
2	5-10yr	7 <sup>th</sup> place Q	
3	5-10yr	6 <sup>th</sup> place Q	
4	5-10yr	5 <sup>th</sup> place Q	
5	5-10yr	4 <sup>th</sup> place Q	
6	5-10yr	3 <sup>rd</sup> place Q	
7	5-10yr	2 <sup>nd</sup> place Q	
8	5-10yr	1 <sup>st</sup> place Q	
9	11-15yr	8 <sup>th</sup> place Q	
10	11-15yr	7 <sup>th</sup> place Q	
11	11-15yr	6 <sup>th</sup> place Q	
12	11-15yr	5 <sup>th</sup> place Q	
13	11-15yr	4 <sup>th</sup> place Q	
14	11-15yr	3 <sup>rd</sup> place Q	
15	11-15yr	2 <sup>nd</sup> place Q	
16	11-15yr	1 <sup>st</sup> place Q	

**2.10pm ATHLETE GROUP 1: 5-10yrs & 11-15yrs Speed-run – as above – COMPETITION**

**2.30pm ATHLETE GROUP 2: 16-35 & Masters Speed-run – course walk & warm-up**

17	16+ yr	8 <sup>th</sup> place Q	
18	16+ yr	7 <sup>th</sup> place Q	
19	16+ yr	6 <sup>th</sup> place Q	
20	16+ yr	5 <sup>th</sup> place Q	
21	16+ yr	4 <sup>th</sup> place Q	
22	16+ yr	3 <sup>rd</sup> place Q	
23	16+ yr	2 <sup>nd</sup> place Q	
24	16+ yr	1 <sup>st</sup> place Q	
25	Masters	2 <sup>nd</sup> place Q	
26	Masters	1 <sup>st</sup> place Q	

**2.40pm ATHLETE GROUP 2: 16-35 & Masters Speed-run – as above – COMPETITION**

2.50pm Apparatus reset for Freestyle  
Presentation of Speed-run awards

Please note: Athlete order and grouping is different for Freestyle

**3.00pm ATHLETE GROUP 3: INT Freestyle - course walk & warm up**

1	INT	8 <sup>th</sup> place Q	
2	INT	7 <sup>th</sup> place Q	
3	INT	6 <sup>th</sup> place Q	
4	INT	5 <sup>th</sup> place Q	
5	INT	4 <sup>th</sup> place Q	
6	INT	3 <sup>rd</sup> place Q	
7	INT	2 <sup>nd</sup> place Q	
8	INT	1 <sup>st</sup> place Q	

Coaches are to be on the floor for warm up. Listen for spotting advice.

**3.10pm ATHLETE GROUP 3: INT Freestyle – as above - COMPETITION**

**3.20pm ATHLETE GROUP 4: ADV Freestyle - course walk & warm up**

9	ADV	8 <sup>th</sup> place Q	
10	ADV	7 <sup>th</sup> place Q	
11	ADV	6 <sup>th</sup> place Q	
12	ADV	5 <sup>th</sup> place Q	
13	ADV	4 <sup>th</sup> place Q	
14	ADV	3 <sup>rd</sup> place Q	
15	ADV	2 <sup>nd</sup> place Q	
16	ADV	1 <sup>st</sup> place Q	

**3.30pm ATHLETE GROUP 4: ADV Freestyle – as above – COMPETITION**

**3.40pm ATHLETE GROUP 5: ELITE Freestyle – course walk & warm up**

17	ELITE	8 <sup>th</sup> place Q	
18	ELITE	7 <sup>th</sup> place Q	
19	ELITE	6 <sup>th</sup> place Q	
20	ELITE	5 <sup>th</sup> place Q	
21	ELITE	4 <sup>th</sup> place Q	
22	ELITE	3 <sup>rd</sup> place Q	
23	ELITE	2 <sup>nd</sup> place Q	
24	ELITE	1 <sup>st</sup> place Q	

**3.50pm ATHLETE GROUP 5: ELITE Freestyle – as above – COMPETITION**

4.00pm Presentation of Freestyle and Overall awards