



Gymnastics for All

Competition Work Order

Version 1

Published: 4 September 2024

TeamGym

SESSION 1 - 30th September

TeamGym Coaches Registration & Briefing	8:15am - 8:30am
General Warmup & Judges Registration + Briefing/Preparation	8:30am - 8:50am
March On & Team Introduction	8:50am - 9:00am
Competition	9:00am - 11:30am
Presentation	11:30am - 12:00pm

GROUPS	GROUP A - BK Allstars x 2 + Grafton PCYC x 3	GROUP B - JA Gymsports x 1 + Sth Coast GA x 1 + Sydney Gym x 3	GROUP C - United Gymnastics x 4		
	Tumbling	Mini-Tramp	Floor		
Rotation 1	A	B	C		
Rotation 2	C	A	B		
Rotation 3	B	C	A		

Pg 1

Estimated Time	WARM-UP			COMPETE		
	TUMBLING	MINI-TRAMP	FLOOR			
9.00-9.03	BK Allstars - Int <i>BK Rubies</i>	JA Gymsports <i>J.A - Int</i>	United Gymnastics <i>Blue Sparkly - Int</i>			
9.03-9.06	BK Allstars - Adv <i>Diamonds</i>	South Coast GA <i>Gold Squad - Int</i>	United Gymnastics <i>Gold - Nov</i>			
9.06-9.09				BK Allstars - Int <i>BK Rubies</i>	TUM	1
9.09-9.12	Grafton PCYC - Int <i>Jacaranda Jewels</i>			JA Gymsports <i>J.A - Int</i>	M - T	2
9.12-9.15		Sydney Gymnastics <i>Spartans - Int</i>		United Gymnastics <i>Blue Sparkly - Int</i>	FLR	3
9.15-9.18			United Gymnastics <i>Pink Sparkly - Int</i>	BK Allstars - Adv <i>Diamonds</i>	TUM	4
9.18-9.21	Grafton PCYC - Nov <i>Purple Power</i>			South Coast GA <i>Gold Squad - Int</i>	M - T	5
9.21-9.24		Sydney Gymnastics <i>Sunflowers - Nov</i>		United Gymnastics <i>Gold - Nov</i>	FLR	6
9.24-9.27			United Gymnastics <i>Red - Int</i>	Grafton PCYC - Int <i>Jacaranda Jewels</i>	TUM	7
9.27-9.30	Grafton PCYC - Nov <i>Purple Pearls</i>			Sydney Gymnastics <i>Spartans - Int</i>	M - T	8
9.30-9.33		Sydney Gymnastics <i>Sushis - Nov</i>		United Gymnastics <i>Pink Sparkly - Int</i>	FLR	9
9.33-9.36			JA Gymsports <i>J.A - Int</i>	Grafton PCYC - Nov <i>Purple Power</i>	TUM	10
9.36-9.39	United Gymnastics <i>Blue Sparkly - Int</i>			Sydney Gymnastics <i>Sunflowers - Nov</i>	M - T	11
9.39-9.42		BK Allstars - Int <i>BK Rubies</i>		United Gymnastics <i>Red - Int</i>	FLR	12
9.42-9.45			South Coast GA <i>Gold Squad - Int</i>	Grafton PCYC - Nov <i>Purple Pearls</i>	TUM	13
9.45-9.48	United Gymnastics <i>Gold - Nov</i>			Sydney Gymnastics <i>Sushis - Nov</i>	M - T	14
9.48-9.51		BK Allstars - Adv <i>Diamonds</i>		JA Gymsports <i>J.A - Int</i>	FLR	15
9.51-9.54			Sydney Gymnastics <i>Spartans - Int</i>	United Gymnastics <i>Blue Sparkly - Int</i>	TUM	16
9.54-9.57	United Gymnastics <i>Pink Sparkly - Int</i>			BK Allstars - Int <i>BK Rubies</i>	M - T	17
9.57-10.00		Grafton PCYC - Int <i>Jacaranda Jewels</i>		South Coast GA <i>Gold Squad - Int</i>	FLR	18

Pg 2 Estimated Time	WARM-UP			COMPETE		
	TUMBLING	MINI-TRAMP	FLOOR			
10.00-10.03			Sydney Gymnastics <i>Sunflowers - Nov</i>	United Gymnastics <i>Gold - Nov</i>	TUM	19
10.03-10.06	United Gymnastics <i>Red - Int</i>			BK Allstars - Adv <i>Diamonds</i>	M - T	20
10.06-10.09		Grafton PCYC - Nov <i>Purple Power</i>		Sydney Gymnastics <i>Spartans - Int</i>	FLR	21
10.09-10.12			Sydney Gymnastics <i>Sushis - Nov</i>	United Gymnastics <i>Pink Sparkly - Int</i>	TUM	22
10.12-10.15	JA Gymnsports <i>J.A - Int</i>			Grafton PCYC - Int <i>Jacaranda Jewels</i>	M - T	23
10.15-10.18		Grafton PCYC - Nov <i>Purple Pearls</i>		Sydney Gymnastics <i>Sunflowers - Nov</i>	FLR	24
10.18-10.21			BK Allstars - Int <i>BK Rubies</i>	United Gymnastics <i>Red - Int</i>	TUM	25
10.21-10.24	South Coast GA <i>Gold Squad - Int</i>			Grafton PCYC - Nov <i>Purple Power</i>	M - T	26
10.24-10.27		United Gymnastics <i>Blue Sparkly - Int</i>		Sydney Gymnastics <i>Sushis - Nov</i>	FLR	27
10.27-10.30			BK Allstars - Adv <i>Diamonds</i>	JA Gymnsports <i>J.A - Int</i>	TUM	28
10.30-10.33	Sydney Gymnastics <i>Spartans - Int</i>			Grafton PCYC - Nov <i>Purple Pearls</i>	M - T	29
10.33-10.36		United Gymnastics <i>Gold - Nov</i>		BK Allstars - Int <i>BK Rubies</i>	FLR	30
10.36-10.39			Grafton PCYC - Int <i>Jacaranda Jewels</i>	South Coast GA <i>Gold Squad - Int</i>	TUM	31
10.39-10.42	Sydney Gymnastics <i>Sunflowers - Nov</i>			United Gymnastics <i>Blue Sparkly - Int</i>	M - T	32
10.42-10.45		United Gymnastics <i>Pink Sparkly - Int</i>		BK Allstars - Adv <i>Diamonds</i>	FLR	33
10.45-10.48			Grafton PCYC - Nov <i>Purple Power</i>	Sydney Gymnastics <i>Spartans - Int</i>	TUM	34
10.48-10.51	Sydney Gymnastics <i>Sushis - Nov</i>			United Gymnastics <i>Gold - Nov</i>	M - T	35
10.51-10.54		United Gymnastics <i>Red - Int</i>		Grafton PCYC - Int <i>Jacaranda Jewels</i>	FLR	36
10.54-10.57			Grafton PCYC - Nov <i>Purple Pearls</i>	Sydney Gymnastics <i>Sunflowers - Nov</i>	TUM	37
10.57-11.00				United Gymnastics <i>Pink Sparkly - Int</i>	M - T	38
11.00-11.03				Grafton PCYC - Nov <i>Purple Power</i>	FLR	39
11.03-11.06				Sydney Gymnastics <i>Sushis - Nov</i>	TUM	40
11.06-11.09				United Gymnastics <i>Red - Int</i>	M - T	41
11.09-11.12				Grafton PCYC - Nov <i>Purple Pearls</i>	FLR	42
PRESENTATION						

SESSION 2 - 1st October

TeamGym Coaches Registration & Briefing	12:15pm - 12:30pm
General Warmup & Judges Registration + Briefing/Preparation	12:30pm - 12:50pm
March On & Team Introduction	12:50pm - 1:00pm
Competition	1:00pm - 3:30pm
Presentation	3:30pm - 4:00pm

GROUPS	GROUP A - Apex Gym x 1 + Gymtastic x 1 + Sutherland PCYC x 1 + Woden Valley x 2	GROUP B - Mackay Gym x 1 + Manly x 1 + BTGT X 1 + Island Acro x 2	GROUP C - Triple Threat x 1 + Palmers Gym x 1 + TG Toowoomba x 2		
	Tumbling	Mini-Tramp	Floor		
Rotation 1	A	B	C		
Rotation 2	C	A	B		
Rotation 3	B	C	A		

Pg 1

Estimated Time	WARM-UP			COMPETE		
	TUMBLING	MINI-TRAMP	FLOOR			
1.00-1.03	Apex Gymnastics <i>Zenith - Int</i>	Mackay Gymnastics <i>MGI - Int</i>	Triple Threat Gym <i>Blue - Nov</i>			
1.03-1.06	Gymtastic Kids <i>Onyx - Adv</i>	Manly Warringah <i>Little Manly - Int</i>	Palmers Gym - Int <i>Pizzazzy Palmers</i>			
1.06-1.09				Apex Gymnastics <i>Zenith - Int</i>	TUM	1
1.09-1.12	Sutherland PCYC <i>Sharks - Adv</i>			Mackay Gymnastics <i>MGI - Int</i>	M - T	2
1.12-1.15		BTGT - Nov <i>BTGT Keenagers</i>		Triple Threat Gym <i>Blue - Nov</i>	FLR	3
1.15 - 1.18			TeamGym Toowoomba <i>Violet - Int</i>	Gymtastic Kids <i>Onyx - Adv</i>	TUM	4
1.18 - 1.21	Woden Valley - Int <i>Senior Team</i>			Manly Warringah <i>Little Manly - Int</i>	M - T	5
1.21 - 1.24		Island Acro Fiji <i>Junior's - Adv</i>		Palmers Gym - Int <i>Pizzazzy Palmers</i>	FLR	6
1.24 - 1.27			TeamGym Toowoomba <i>Sunrise - Nov</i>	Sutherland PCYC <i>Sharks - Adv</i>	TUM	7
1.27 - 1.30	Woden Valley - Nov <i>Movers & Groovers</i>			BTGT - Nov <i>BTGT Keenagers</i>	M - T	8
1.30 - 1.33		Island Acro Fiji <i>Mini's - Int</i>		TeamGym Toowoomba <i>Violet - Int</i>	FLR	9
1.33 - 1.36			Mackay Gymnastics <i>MGI - Int</i>	Woden Valley - Int <i>Senior Team</i>	TUM	10
1.36 - 1.39	Triple Threat Gym <i>Blue - Nov</i>			Island Acro Fiji <i>Junior's - Adv</i>	M - T	11
1.39 - 1.42		Apex Gymnastics <i>Zenith - Int</i>		TeamGym Toowoomba <i>Sunrise - Nov</i>	FLR	12
1.42 - 1.45			Manly Warringah <i>Little Manly - Int</i>	Woden Valley - Nov <i>Movers & Groovers</i>	TUM	13
1.45 - 1.48	Palmers Gym - Int <i>Pizzazzy Palmers</i>			Island Acro Fiji <i>Mini's - Int</i>	M - T	14
1.48 - 1.51		Gymtastic Kids <i>Onyx - Adv</i>		Mackay Gymnastics <i>MGI - Int</i>	FLR	15
1.51 - 1.54			BTGT - Nov <i>BTGT Keenagers</i>	Triple Threat Gym <i>Blue - Nov</i>	TUM	16
1.54 - 1.57	TeamGym Toowoomba <i>Violet - Int</i>			Apex Gymnastics <i>Zenith - Int</i>	M - T	17
1.57 - 2.00		Sutherland PCYC <i>Sharks - Adv</i>		Manly Warringah <i>Little Manly - Int</i>	FLR	18

Pg 2 Estimated Time	WARM-UP			COMPETE		
	TUMBLING	MINI-TRAMP	FLOOR			
2.00 - 2.03			Island Acro Fiji <i>Junior's - Adv</i>	Palmers Gym - Int <i>Pizzazzy Palmers</i>	TUM	19
2.03 - 2.06	TeamGym Toowoomba <i>Sunrise - Nov</i>			Gymtastic Kids <i>Onyx - Adv</i>	M - T	20
2.06 - 2.09		Woden Valley - Int <i>Senior Team</i>		BTGT - Nov <i>BTGT Keenagers</i>	FLR	21
2.09 - 2.12			Island Acro Fiji <i>Mini's - Int</i>	TeamGym Toowoomba <i>Violet - Int</i>	TUM	22
2.12 - 2.15	Mackay Gymnastics <i>MGI - Int</i>			Sutherland PCYC <i>Sharks - Adv</i>	M - T	23
2.15 - 2.18		Woden Valley - Nov <i>Movers & Groovers</i>		Island Acro Fiji <i>Junior's - Adv</i>	FLR	24
2.18 - 2.21			Apex Gymnastics <i>Zenith - Int</i>	TeamGym Toowoomba <i>Sunrise - Nov</i>	TUM	25
2.21 - 2.24	Manly Warringah <i>Little Manly - Int</i>			Woden Valley - Int <i>Senior Team</i>	M - T	26
2.24 - 2.27		Triple Threat Gym <i>Blue - Nov</i>		Island Acro Fiji <i>Mini's - Int</i>	FLR	27
2.27 - 2.30			Gymtastic Kids <i>Onyx - Adv</i>	Mackay Gymnastics <i>MGI - Int</i>	TUM	28
2.30 - 2.33	BTGT - Nov <i>BTGT Keenagers</i>			Woden Valley - Nov <i>Movers & Groovers</i>	M - T	29
2.33 - 2.36		Palmers Gym - Int <i>Pizzazzy Palmers</i>		Apex Gymnastics <i>Zenith - Int</i>	FLR	30
2.36 - 2.39			Sutherland PCYC <i>Sharks - Adv</i>	Manly Warringah <i>Little Manly - Int</i>	TUM	31
2.39 - 2.42	Island Acro Fiji <i>Junior's - Adv</i>			Triple Threat Gym <i>Blue - Nov</i>	M - T	32
2.42 - 2.45		TeamGym Toowoomba <i>Violet - Int</i>		Gymtastic Kids <i>Onyx - Adv</i>	FLR	33
2.45 - 2.48			Woden Valley - Int <i>Senior Team</i>	BTGT - Nov <i>BTGT Keenagers</i>	TUM	34
2.48 - 2.51	Island Acro Fiji <i>Mini's - Int</i>			Palmers Gym - Int <i>Pizzazzy Palmers</i>	M - T	35
2.51 - 2.54		TeamGym Toowoomba <i>Sunrise - Nov</i>		Sutherland PCYC <i>Sharks - Adv</i>	FLR	36
2.54 - 2.57			Woden Valley - Nov <i>Movers & Groovers</i>	Island Acro Fiji <i>Junior's - Adv</i>	TUM	37
2.57 - 3.00				TeamGym Toowoomba <i>Violet - Int</i>	M - T	38
3.00 - 3.03				Woden Valley - Int <i>Senior Team</i>	FLR	39
3.03 - 3.06				Island Acro Fiji <i>Mini's - Int</i>	TUM	40
3.06 - 3.09				TeamGym Toowoomba <i>Sunrise - Nov</i>	M - T	41
3.09 - 3.12				Woden Valley - Nov <i>Movers & Groovers</i>	FLR	42
PRESENTATION						

SESSION 3 - 2nd October

Team Gym Coaches Registration & Briefing	12:15pm - 12:30pm
General Warmup & Judges Registration + Briefing/Preparation	12:30pm - 12:50pm
March On & Team Introduction	12:50pm - 1:00pm
Competition	1:00pm - 3:30pm
Presentation	3:30pm - 4:00pm

GROUPS	GROUP A - Manly Warringah + Swan Districts + Mackay + PIT		GROUP B - United Gymnastics x 3 + Taree PCYC x 1		Volunteers		Club		
		Tumbling	Mini-Tramp	Floor					
Rotation 1	A	B							
Rotation 2	B	A							
Rotation 3									
Pg 1	All Teams - groups A & B alternate								
Estimated Time	WARM-UP								
	TUMBLING	MINI-TRAMP	FLOOR		COMPETE				
1.00 - 1.05	Manly Warringah <i>Manly - Open</i>	United Gymnastics <i>Orange - Open</i>							
1.05 - 1.10	Swan Districts <i>Black Ice - Open</i>	United Gymnastics <i>Purple - Open</i>							
1.10 - 1.15	Mackay Gymnastics <i>MGI - Nat'l</i>	United Gymnastics <i>Teal - Nat'l</i>							
1.15 - 1.20	PIT Gymnastics - Nat'l <i>PIT Almost Elite</i>	Taree PCYC <i>Jalepenos - Nat'l</i>							
1.20 - 1.25				Manly Warringah <i>Manly - Open</i>				TUM	1
1.25 - 1.30				United Gymnastics <i>Orange - Open</i>				M - T	2
1.30 - 1.35				Swan Districts <i>Black Ice - Open</i>				TUM	3
1.35 - 1.40				United Gymnastics <i>Purple - Open</i>				M - T	4
1.40 - 1.45				Mackay Gymnastics <i>MGI - Nat'l</i>				TUM	5
1.45 - 1.50				United Gymnastics <i>Teal - Nat'l</i>	M - T	6			
1.50 - 1.55				PIT Gymnastics - Nat'l <i>PIT Almost Elite</i>	TUM	7			
1.55 - 2.00				Taree PCYC <i>Jalepenos - Nat'l</i>	M - T	8			
2.00 - 2.05	United Gymnastics <i>Orange - Open</i>	Manly Warringah <i>Manly - Open</i>							
2.05 - 2.10	United Gymnastics <i>Purple - Open</i>	Swan Districts <i>Black Ice - Open</i>							
2.10 - 2.15	United Gymnastics <i>Teal - Nat'l</i>	Mackay Gymnastics <i>MGI - Nat'l</i>							
2.15 - 2.20	Taree PCYC <i>Jalepenos - Nat'l</i>	PIT Gymnastics - Nat'l <i>PIT Almost Elite</i>							
2.20 - 2.25				United Gymnastics <i>Orange - Open</i>	TUM	9			
2.25 - 2.30				Manly Warringah <i>Manly - Open</i>	M - T	10			
2.30 - 2.35				United Gymnastics <i>Purple - Open</i>	TUM	11			
2.35 - 2.40				Swan Districts <i>Black Ice - Open</i>	M - T	12			
2.40 - 2.45				United Gymnastics <i>Teal - Nat'l</i>	TUM	13			

Pg 2 Estimated Time	WARM-UP			COMPETE		
	TUMBLING	MINI-TRAMP	FLOOR			
2.45 - 2.50			United Gymnastics <i>Orange - Open</i>	Mackay Gymnastics <i>MGI - Nat'l</i>	M - T	14
2.50 - 2.55			Manly Warringah <i>Manly - Open</i>	Taree PCYC <i>Jalepenos - Nat'l</i>	TUM	15
2.55 - 3.00			United Gymnastics <i>Purple - Open</i>	PIT Gymnastics - Nat'l <i>PIT Almost Elite</i>	M - T	16
3.00 - 3.05			Swan Districts <i>Black Ice - Open</i>			
3.05 - 3.10			United Gymnastics <i>Teal - Nat'l</i>	United Gymnastics <i>Orange - Open</i>	FLR	17
3.10 - 3.15			Mackay Gymnastics <i>MGI - Nat'l</i>	Manly Warringah <i>Manly - Open</i>	FLR	18
3.15 - 3.20			Taree PCYC <i>Jalepenos - Nat'l</i>	United Gymnastics <i>Purple - Open</i>	FLR	19
3.20 - 3.25			PIT Gymnastics - Nat'l <i>PIT Almost Elite</i>	Swan Districts <i>Black Ice - Open</i>	FLR	20
3.25 - 3.30				United Gymnastics <i>Teal - Nat'l</i>	FLR	21
3.30 - 3.35				Mackay Gymnastics <i>MGI - Nat'l</i>	FLR	22
3.35 - 3.40				Taree PCYC <i>Jalepenos - Nat'l</i>	FLR	23
3.40 - 3.45				PIT Gymnastics - Nat'l <i>PIT Almost Elite</i>	FLR	24
PRESENTATION						

FreeG

FREE G QUALIFYING - Session 1, Part 1

Speed Run Event: Divisions / Ages

DIV A 6-8yrs / DIV B 9-12yrs / DIV C 13-16yrs / DIV D 17-25yrs / DIV E 26-49yrs / DIV F 50+ yrs

General Stretch	7:30 - 8:00 AM		
Group 1 Warm Up - A & B	8:00 - 8:10 AM	Compete	8:11AM
Group 2 Warm Up - C & D	8:37 - 9:47 AM	Compete	8:48AM
Group 3 Warm Up - E & F	9:33 - 9:43 AM	Compete	9:44AM
CONCLUSION OF EVENT 1	10:00 AM		

GROUP 1 Warm Up

Group A - Speed Run			Group B - Speed Run		
Cody Macrae	Division A	PCYC HWK	Alex Christie	Division E	APEX
Bodhi Naughton	Division A	SCGA	Anthony Dorrington	Division E	PIT GYMNASTICS
Elijah Naughton	Division A	SCGA	Michelle Lassen	Division E	PIT GYMNASTICS
Liam Sandgren	Division A	THE Y	Shauna Halliday	Division E	PIT GYMNASTICS
Lillyana Kangogo	Division A	UGA	Ben Holden	Division E	PIT GYMNASTICS
Harper Keeling	Division A	UGA	Madison Mason	Division E	PIT GYMNASTICS
Indy Thompson	Division A	UGA	Kirra Roberts	Division E	PIT GYMNASTICS
Nate Lewis	Division A	UGA	Ben McConnell	Division E	PIT GYMNASTICS
Mason Corcoran	Division A	UGA	Andre Jean-Louis	Division E	PIT GYMNASTICS
Brad James	Division A	UGA	Evgeniy Parail	Division E	THE Y BANKSTOWN
Daniel Camelo	Division A	UGA	Megan Romero	Division E	THE Y BANKSTOWN
Bill Kolentzis	Division F	WVGC	Michael Keeling	Division E	UGA
Petrina Quinn	Division F	WVGC	Bevan Hatch	Division E	UGA

Competition Start					
Start	Activity	Comp #	Name	Club	Routine #
8:00:00 AM		First Appartaus Warm-up		10 mins each Group	
8:11:00 AM	SpeedRun	Division E	Alex Christie	APEX	1
8:12:00 AM	SpeedRun	Division A	CODY MACRE	PCYC HWK	2
8:13:00 AM	SpeedRun	Division E	Anthony Dorrington	PIT	3
8:14:00 AM	SpeedRun	Division A	Bodhi Naughton	SCGA	4
8:15:00 AM	SpeedRun	Division E	Michelle Lassen	PIT	5
8:16:00 AM	SpeedRun	Division A	Elijah Naughton	SCGA	6
8:17:00 AM	SpeedRun	Division E	Shauna Halliday	PIT	7
8:18:00 AM	SpeedRun	Division A	Liam Sandgren	THE Y	8
8:19:00 AM	SpeedRun	Division E	Ben Holden	PIT	9
8:20:00 AM	SpeedRun	Division A	Lillyana Kangogo	UGA	10
8:21:00 AM	SpeedRun	Division E	Madison Mason	PIT	11
8:22:00 AM	SpeedRun	Division A	Harper Keeling	UGA	12
8:23:00 AM	SpeedRun	Division E	Kirra Roberts	PIT	13
8:24:00 AM	SpeedRun	Division A	Indy Thompson	UGA	14
8:25:00 AM	SpeedRun	Division E	Ben McConnell	PIT	15
8:26:00 AM	SpeedRun	Division A	Nate Lewis	UGA	16
8:27:00 AM	SpeedRun	Division E	Andre Jean-Louis	PIT	17
8:28:00 AM	SpeedRun	Division A	Mason Corcoran	UGA	18
8:29:00 AM	SpeedRun	Division E	Evgeniy Parail	THE Y	19
8:30:00 AM	SpeedRun	Division A	Brad James	UGA	20
8:31:00 AM	SpeedRun	Division E	Megan Romero	THE Y	21
8:32:00 AM	SpeedRun	Division A	Daniel Camelo	UGA	22
8:33:00 AM	SpeedRun	Division E	Michael Keeling	UGA	23
8:34:00 AM	SpeedRun	Division F	Bill Kolentzis	WVGC	24
8:35:00 AM	SpeedRun	Division E	Bevan Hatch	UGA	25
8:36:00 AM	SpeedRun	Division F	Petrina Quinn	WVGC	26
GROUP 2 Warm Up					
Group C - Speed Run	26		Group D - Speed Run	19	
Jack Mostert	Division B	MGI	Arjuna Morgan	Division C	MGI
Leela Morgan	Division B	MGI	Kye Sabatino	Division C	MGI
Remy Anderson	Division B	MYC	Samuel Kurtz-Willis	Division C	MWGC
Archer Sutton	Division B	MYC	Xander Kemp	Division C	MYC
Seth Schryver	Division B	PCYC HWK	Harley Usher	Division C	MYC
Fin Mackenzie	Division B	PCYC HWK	Eric Tabrett	Division C	MYC
Harrison Parr	Division B	PCYC HWK	Charlie Greentree	Division C	PCYC HWK
Opie Green	Division B	SCGA	Cody Gawne	Division C	PCYC HWK
Marcus Vaccarella	Division B	SXL	Phoenix Sparkes	Division C	PCYC HWK
Axel Teoh	Division B	SXL	Reece Rickard	Division C	PCYC HWK
Marcello Caoduro	Division B	SXL	Patrick Hayes	Division C	PCYC TAREE
Noah Griffiths	Division B	SXL	Calleigh Teoh	Division C	SXL
Riley Tan	Division B	SXL	Gabriel Francois	Division C	SXL
Kobi Newman	Division B	THE Y	Levi Vongiese	Division C	SXL
Chase Parail	Division B	THE Y	Safina Mileshekin	Division C	UGA
Amelia Baker	Division B	UGA	Anastasia Miller	Division C	UGA
Ava Thompson	Division B	UGA	Mia Nulty	Division C	UGA
Heidi Mileshekin	Division B	UGA	Mikaela Parsons	Division C	UGA
Enzo Woolridge	Division B	UGA	Lars Christensen	Division C	UGA
Rylee Corcoran	Division B	UGA			
Callie Christensen	Division B	UGA			
Elleeah Mortlock	Division B	UGA			
Sophee Mortlock	Division B	UGA			
Luka Mueller	Division B	UGA			
Oliver Lake	Division B	UGA			
Beatriz Camelo	Division B	UGA			

Start	Activity	Comp #	Name	Club	Routine #
8:37:00 AM	Appartaus Warm-up			10 mins each Group	
8:48:00 AM	SpeedRun	Division B	Jack Mostert	MGI	27
8:49:00 AM	SpeedRun	Division C	Arjuna Morgan	MGI	28
8:50:00 AM	SpeedRun	Division B	Leela Morgan	MGI	29
8:51:00 AM	SpeedRun	Division C	Kye Sabatino	MGI	30
8:52:00 AM	SpeedRun	Division B	Remy Anderson	MYC	31
8:53:00 AM	SpeedRun	Division C	Samuel Kurtz-Willis	MWGC	32
8:54:00 AM	SpeedRun	Division B	Archer Sutton	MYC	33
8:55:00 AM	SpeedRun	Division C	Xander Kemp	MYC	34
8:56:00 AM	SpeedRun	Division B	Seth Schryver	PCYC HWK	35
8:57:00 AM	SpeedRun	Division C	Harley Usher	MYC	36
8:58:00 AM	SpeedRun	Division B	Fin Mackenzie	PCYC HWK	37
8:59:00 AM	SpeedRun	Division C	Eric Tabrett	MYC	38
9:00:00 AM	SpeedRun	Division B	Harrison Parr	PCYC HWK	39
9:01:00 AM	SpeedRun	Division C	Charlie Greentree	PCYC HWK	40
9:02:00 AM	SpeedRun	Division B	Opie Green	SCGA	41
9:03:00 AM	SpeedRun	Division C	Cody Gawne	PCYC HWK	42
9:04:00 AM	SpeedRun	Division B	Marcus Vaccarella	SXL	43
9:05:00 AM	SpeedRun	Division C	Phoenix Sparkes	PCYC HWK	44
9:06:00 AM	SpeedRun	Division B	Axel Teoh	SXL	45
9:07:00 AM	SpeedRun	Division C	Reece Rickard	PCYC HWK	46
9:08:00 AM	SpeedRun	Division B	Marcello Caoduro	SXL	47
9:09:00 AM	SpeedRun	Division C	Patrick Hayes	PCYC TAREE	48
9:10:00 AM	SpeedRun	Division B	Noah Griffiths	SXL	49
9:11:00 AM	SpeedRun	Division C	Calleigh Teoh	SXL	50
9:12:00 AM	SpeedRun	Division B	Riley Tan	SXL	51
9:13:00 AM	SpeedRun	Division C	Gabriel Francois	SXL	52
9:14:00 AM	SpeedRun	Division B	Kobi Newman	THE Y	53
9:15:00 AM	SpeedRun	Division C	Levi Vongiese	SXL	54
9:16:00 AM	SpeedRun	Division B	Chase Parail	THE Y	55
9:17:00 AM	SpeedRun	Division C	Safina Milesshkin	UGA	56
9:18:00 AM	SpeedRun	Division B	Amelia Baker	UGA	57
9:19:00 AM	SpeedRun	Division C	Anastasia Miller	UGA	58
9:20:00 AM	SpeedRun	Division B	Ava Thompson	UGA	59
9:21:00 AM	SpeedRun	Division C	Mia Nulty	UGA	60
9:22:00 AM	SpeedRun	Division B	Heidi Milesshkin	UGA	61
9:23:00 AM	SpeedRun	Division C	Mikaela Parsons	UGA	62
9:24:00 AM	SpeedRun	Division B	Enzo Woolridge	UGA	63
9:25:00 AM	SpeedRun	Division C	Lars Christensen	UGA	64
9:26:00 AM	SpeedRun	Division B	Rylee Corcoran	UGA	65
9:27:00 AM	SpeedRun	Division B	Callie Christensen	UGA	66
9:28:00 AM	SpeedRun	Division B	Elteeah Mortlock	UGA	67
9:29:00 AM	SpeedRun	Division B	Sophee Mortlock	UGA	68
9:30:00 AM	SpeedRun	Division B	Luka Mueller	UGA	69
9:31:00 AM	SpeedRun	Division B	Oliver Lake	UGA	70
9:32:00 AM	SpeedRun	Division B	Beatriz Camelo	UGA	71

GROUP 3 Warm Up					
Group E - Speed Run			Group F - Speed Run		
Anneliese Beadle	Division D	PIT	Zara Harling	Division D	APEX
Charlotte Beadle	Division D	PIT	Kent Felton	Division D	MWGC
Alora Findlay	Division D	PIT	Douglas Gallagher	Division D	MYC
Bailee Pinnock	Division D	PIT	Kiralee Johnstone	Division D	UGA
Anna Haahr Simonsen	Division D	PIT	Madeleine Weir	Division D	UGA
Ulrikke Falkenberg	Division D	PIT	Joseph Cobham	Division D	UGA
Abdul Abdullah	Division D	THE Y	Charlotte Weir	Division D	UGA
Teana Bourke	Division D	THE Y			
Start	Activity	Comp #	Name	Club	Routine #
9:33:00 AM	Appartaus Warm-up			10 mins each Group	
9:44:00 AM	SpeedRun	Division D	Anneliese Beadle	PIT	72
9:45:00 AM	SpeedRun	Division D	Zara Harling	APEX	73
9:46:00 AM	SpeedRun	Division D	Charlotte Beadle	PIT	74
9:47:00 AM	SpeedRun	Division D	Kent Felton	MWGC	75
9:48:00 AM	SpeedRun	Division D	Alora Findlay	PIT	76
9:49:00 AM	SpeedRun	Division D	Douglas Gallagher	MYC	77
9:50:00 AM	SpeedRun	Division D	Bailee Pinnock	PIT	78
9:51:00 AM	SpeedRun	Division D	Kiralee Johnstone	UGA	79
9:52:00 AM	SpeedRun	Division D	Anna Haahr Simonsen	PIT	80
9:53:00 AM	SpeedRun	Division D	Madeleine Weir	UGA	81
9:54:00 AM	SpeedRun	Division D	Ulrikke Falkenberg	PIT	82
9:55:00 AM	SpeedRun	Division D	Joseph Cobham	UGA	83
9:56:00 AM	SpeedRun	Division D	Abdul Abdullah	THE Y	84
9:57:00 AM	SpeedRun	Division D	Charlotte Weir	UGA	85
9:58:00 AM	SpeedRun	Division D	Teana Bourke	THE Y	86
10:00:00 AM	SPEED RUN QUALIFYING FINISH				

FREE G QUALIFYING FREE G QUALIFYING - Session 1, Part 2

Freestyle Event: Divisions / Ages

DIV A 6-8yrs / DIV B 9-12yrs / DIV C 13-16yrs / DIV D 17-25yrs / DIV E 26-49yrs / DIV F 50+ yrs

Doors open for athletes	9:15 - 9:30AM	(7:25 - 9:30 AM)
Doors open for Spectators	9:45 AM	(7:45 - 9:45 AM)
General Stretch	9:30 - 10:00 AM	
Group 1 Warm Up - A & B	10:00 - 10:20 AM	Compete 10:21AM
Group 2 Warm Up - C & D	10:55 - 11:15 AM	Compete 11:16AM
Group 3 Warm Up - E & F	11:44 - 12:04 PM	Compete 12:05PM
CONCLUSION OF EVENT 2	12:30 PM	

GROUP 1 Warm Up

Group A - Freestyle			Group B - Freestyle		
Bodhi Naughton	YTH INT	SCGA	Jack Mostert	JR ADV	MGI
Elijah Naughton	YTH INT	SCGA	Leela Morgan	JR ADV	MGI
Lillyana Kangogo	YTH INT	UGA	Remy Anderson	JR ADV	MYC
Harper Keeling	YTH INT	UGA	Harrison Parr	JR ADV	PCYC HWK
Indy Thompson	YTH INT	UGA	Noah Griffiths	JR ADV	SXL
Brad James	YTH INT	UGA	Riley Tan	JR ADV	SXL
Seth Schryver	JR INT	PCYC HWK	Kobi Newman	JR ADV	THE Y
Marcus Vaccarella	JR INT	SXL	Amelia Baker	JR ADV	UGA
Axel Teoh	JR INT	SXL	Ava Thompson	JR ADV	UGA
Marcello Caoduro	JR INT	SXL	Enzo Woolridge	JR ADV	UGA
Chase Parail	JR INT	THE Y	Callie Christensen	JR ADV	UGA
Heidi Mileskin	JR INT	UGA	Elleeah Mortlock	JR ADV	UGA
Rylee Corcoran	JR INT	UGA	Sophee Mortlock	JR ADV	UGA
Beatriz Camelo	JR INT	UGA	Luka Mueller	JR ADV	UGA
Levi Vongiese	SNR 1 INT	SXL	Oliver Lake	JR ADV	UGA
Calleigh Teoh	SNR 1 INT	SXL			

Competition Start					
Start	Activity	Comp #	Name	Club	Routine #
10:00:00 AM	First Appartaus Warm-up - GROUP A1			10 mins Group A1	
10:10:00 AM	First Appartaus Warm-up - GROUP A2			10 mins Group A2	
10:21:00 AM	Freestyle	YTH INT	Bodhi Naughton	SCGA	1
10:22:00 AM	Freestyle	JR ADV	Jack Mostert	MGI	2
10:23:00 AM	Freestyle	YTH INT	Elijah Naughton	SCGA	3
10:24:00 AM	Freestyle	JR ADV	Leela Morgan	MGI	4
10:25:00 AM	Freestyle	YTH INT	Lillyana Kangogo	UGA	5
10:26:00 AM	Freestyle	JR ADV	Remy Anderson	MHYC	6
10:27:00 AM	Freestyle	YTH INT	Harper Keeling	UGA	7
10:28:00 AM	Freestyle	JR ADV	Harrison Parr	PCYC HWK	8
10:29:00 AM	Freestyle	YTH INT	Indy Thompson	UGA	9
10:30:00 AM	Freestyle	JR ADV	Noah Griffiths	SXL	10
10:31:00 AM	Freestyle	YTH INT	Brad James	UGA	11
10:32:00 AM	Freestyle	JR ADV	Riley Tan	SXL	12
10:33:00 AM	Freestyle	JR INT	Seth Schryver	PCYC HWK	13
10:34:00 AM	Freestyle	JR ADV	Kobi Newman	THE Y	14
10:35:00 AM	Freestyle	JR INT	Marcus Vaccarella	SXL	15
10:36:00 AM	Freestyle	JR ADV	Amelia Baker	UGA	16
10:37:00 AM	Freestyle	JR INT	Axel Teoh	SXL	17
10:38:00 AM	Freestyle	JR ADV	Ava Thompson	UGA	18
10:39:00 AM	Freestyle	JR INT	Marcello Caoduro	SXL	19
10:40:00 AM	Freestyle	JR ADV	Enzo Woolridge	UGA	20
10:41:00 AM	Freestyle	JR INT	Chase Parail	THE Y	21
10:42:00 AM	Freestyle	JR ADV	Callie Christensen	UGA	22
10:43:00 AM	Freestyle	JR INT	Heidi Mileshekin	UGA	23
10:44:00 AM	Freestyle	JR ADV	Elleeah Mortlock	UGA	24
10:45:00 AM	Freestyle	JR INT	Rylee Corcoran	UGA	25
10:46:00 AM	Freestyle	JR ADV	Sophee Mortlock	UGA	26
10:47:00 AM	Freestyle	JR INT	Beatriz Camelo	UGA	27
10:48:00 AM	Freestyle	JR ADV	Luka Mueller	UGA	28
10:49:00 AM	Freestyle	SNR 1 INT	Levi Vongiese	SXL	29
10:50:00 AM	Freestyle	JR ADV	Oliver Lake	UGA	30
10:51:00 AM	Freestyle	SNR 1 INT	Calleigh Teoh	SXL	31
GROUP 2 Warm Up					
Group C - Freestyle			Group D - Freestyle		
Cody Macrae	YTH ADV	PCYC HWK	Charlie Greentree	SNR 1 ADV	PCYC HWK
Liam Sandgren	YTH ADV	TH Y	Cody Gawne	SNR 1 ADV	PCYC HWK
Nate Lewis	YTH ADV	UGA	Phoenix Sparkes	SNR 1 ADV	PCYC HWK
Mason Corcoran	YTH ADV	UGA	Reece Rickard	SNR 1 ADV	PCYC HWK
Daniel Camelo	YTH ADV	UGA	Gabriel Francois	SNR 1 ADV	SXL
Kiralee Johnstone	SNR 2 INT	UGA	Safina Mileshekin	SNR 1 ADV	UGA
Madeleine Weir	SNR 2 INT	UGA	Anastasia Miller	SNR 1 ADV	UGA
Evgeniy Parail	OPEN	THE Y	Mia Nulty	SNR 1 ADV	UGA
Megan Romero	OPEN	THE Y	Mikaela Parsons	SNR 1 ADV	UGA
Michael Keeling	OPEN	UGA	Lars Christensen	SNR 1 ADV	UGA
Bevan Hatch	OPEN	UGA	Patrick Hayes	SNR 1 ADV	PCYC TAREE
Bill Kolentsis	OPEN	WVCG	Eric Tabrett	SNR 1 ADV	MYC
Petrina Quinn	OPEN	WVCG			

Start	Activity	Comp #	Name	Club	Routine #
10:55:00 AM	First Appartaus Warm-up - GROUP B1			10 mins Group A1	
11:05:00 AM	First Appartaus Warm-up - GROUP B2			10 mins Group A2	
11:16:00 AM	Freestyle	YTH ADV	Cody Macrae	PCYC HWK	37
11:17:00 AM	Freestyle	SNR 1 ADV	Charlie Greentree	PCYC HWK	38
11:18:00 AM	Freestyle	YTH ADV	Liam Sandgren	THE Y	39
11:19:00 AM	Freestyle	SNR 1 ADV	Cody Gawne	PCYC HWK	40
11:20:00 AM	Freestyle	YTH ADV	Nate Lewis	UGA	41
11:21:00 AM	Freestyle	SNR 1 ADV	Phoenix Sparkes	PCYC HWK	42
11:22:00 AM	Freestyle	YTH ADV	Mason Corcoran	UGA	43
11:23:00 AM	Freestyle	SNR 1 ADV	Reece Rickard	PCYC HWK	44
11:24:00 AM	Freestyle	YTH ADV	Daniel Camelo	UGA	45
11:25:00 AM	Freestyle	SNR 1 ADV	Gabriel Francois	SXL	46
11:26:00 AM	Freestyle	SNR 2 INT	Kiralee Johnstone	UGA	47
11:27:00 AM	Freestyle	SNR 1 ADV	Safina Mileshekin	UGA	48
11:28:00 AM	Freestyle	SNR 2 INT	Madeleine Weir	UGA	49
11:29:00 AM	Freestyle	SNR 1 ADV	Anastasia Miller	UGA	50
11:30:00 AM	Freestyle	OPEN	Evgeniy Parail	THE Y	51
11:31:00 AM	Freestyle	SNR 1 ADV	Mia Nulty	UGA	52
11:32:00 AM	Freestyle	OPEN	Megan Romero	THE Y	53
11:33:00 AM	Freestyle	SNR 1 ADV	Mikaela Parsons	UGA	54
11:34:00 AM	Freestyle	OPEN	Michael Keeling	UGA	55
11:35:00 AM	Freestyle	SNR 1 ADV	Lars Christensen	UGA	56
11:36:00 AM	Freestyle	OPEN	Bevan Hatch	UGA	57
11:37:00 AM	Freestyle	SNR 1 ADV	Patrick Hayes	PCYC TAREE	58
11:38:00 AM	Freestyle	OPEN	Bill Kolentsis	WVGC	59
11:39:00 AM	Freestyle	SNR 1 ADV	Eric Tabrett	MYC	60
11:40:00 AM	Freestyle	OPEN	Petrina Quinn	WVGC	61
GROUP 3 Warm Up					
Group E - Freestyle			Group F - FreeStyle		
Charlotte Weir	SNR 2 ADV	UGA	Archer Sutton	JR ELITE	MYC
Teana Bourke	SNR ELITE	THE Y	Fin Mackenzie	JR ELITE	PCYC HWK
Abdul Abdullah	SNR ELITE	THE Y	Opie Green	JR ELITE	SCGA
Arjuna Morgan	SNR ELITE	MGI	Zara Harling	OPEN ELITE	APEX
Kye Sabatino	SNR ELITE	MGI	Kent Felton	OPEN ELITE	MWGC
Samuel Kurtz-Willis	SNR ELITE	MWGC	Anthony Dorrington	OPEN ELITE	PIT
Xander Kemp	SNR ELITE	MYC	Ben Holden	OPEN ELITE	PIT
Douglas Gallagher	SNR ELITE	MYC	Kirra Roberts	OPEN ELITE	PIT
Harley Usher	SNR ELITE	MYC	Andre Jean-Louis	OPEN ELITE	PIT
Joseph Cobham	SNR ELITE	UGA			

Start	Activity	Comp #	Name	Club	Routine #
11:44:00 AM	First Appartaus Warm-up - GROUP C1			10 mins Group C1	
11:54:00 AM	First Appartaus Warm-up - GROUP C2			10 mins Group C2	
12:05:00 PM	Freestyle	SNR 2 ADV	Charlotte Weir	UGA	62
12:06:00 PM	Freestyle	JR ELITE	Archer Sutton	MYC	63
12:07:00 PM	Freestyle	SNR ELITE	Teana Bourke	THE Y	64
12:08:00 PM	Freestyle	JR ELITE	Fin Mackenzie	PCYC HWK	65
12:09:00 PM	Freestyle	SNR ELITE	Abdul Abdullah	THE Y	66
12:10:00 PM	Freestyle	JR ELITE	Opie Green	SCGA	67
12:11:00 PM	Freestyle	SNR ELITE	Arjuna Morgan	MGI	68
12:12:00 PM	Freestyle	OPEN ELITE	Zara Harling	APEX	69
12:13:00 PM	Freestyle	SNR ELITE	Kye Sabatino	MGI	70
12:14:00 PM	Freestyle	OPEN ELITE	Kent Felton	MWGC	71
12:15:00 PM	Freestyle	SNR ELITE	Samuel Kurtz-Willis	MWGC	72
12:16:00 PM	Freestyle	OPEN ELITE	Anthony Dorrington	PIT	73
12:17:00 PM	Freestyle	SNR ELITE	Xander Kemp	MYC	74
12:18:00 PM	Freestyle	OPEN ELITE	Ben Holden	PIT	75
12:19:00 PM	Freestyle	SNR ELITE	Douglas Gallagher	MYC	76
12:20:00 PM	Freestyle	OPEN ELITE	Kirra Roberts	PIT	77
12:21:00 PM	Freestyle	SNR ELITE	Harley Usher	MYC	78
12:22:00 PM	Freestyle	OPEN ELITE	Andre Jean-Louis	PIT	79
12:23:00 PM	Freestyle	SNR ELITE	Joseph Cobham	UGA	80
10:30:00 AM	FREESTYLE QUALIFYING FINISH				

**Gym for Life
&
Performance**



Gym for Life & Performance

Tuesday 1 October

Warm Up: 5:00pm

Session Time: 6:00pm - 7:30pm

Presentations: 7:30pm

Performance Order	Routine Name	Club
1	NCC Open Team	PIT Gymnastics
2	Wonka	United Gymnastics Academy
3	Woden Valley Performance Team	Woden Valley Gymnastics Club
4	J.A	J.A Gymsports
5	Swan Districts Gymnastics	Swan Districts Gymnastics
6	PCYC Campbelltown	PCYC Campbelltown
7	The Unstoppable	Island Acro Fiji
8	King & Queen B	United Gymnastics Academy
9	The Power of Connection	Gymtastic
10	SCGA Performance Team	South Coast Gymnastics Academy
11	Woden Valley Groove and Movers	Woden Valley Gymnastics Club
12	Pensioners In Training	PIT Gymnastics
13	Moana	Island Acro Fiji
14	Salute	United Gymnastics Academy