



WELSH PERFORMANCE AND EXCEL GRADES

2024

CARDIFF

6TH & 7TH April

Venue

Welcome to the Welsh Performance and Excel Grades 2024.

Venue details: [Sport Wales | Sport Wales](#)

Google maps link: <https://maps.app.goo.gl/5koaDTyh1k8buzva7>

Parking at the venue is free of charge, there is no other event taking place at the venue, but please be mindful free spaces are limited, but there is a pay and display option to the right of the Centre, on the first roundabout.

There is space for disability parking and electric charging points in front of the building.

The venue has a comprehensive offer in terms of catering and refreshments. A coffee shop type café can be found in the reception area and a full restaurant on the second floor, with an initiative to stock only locally sourced produce and prices all very reasonable.

The venue is fully inclusive with accessible toilets throughout and changing rooms for gymnasts to use.



Competition Information

Tickets

Tickets can be purchased through Eventbrite. Link for tickets:

<https://www.eventbrite.co.uk/e/welsh-performance-and-excel-grades-2024-tickets-867679250997>

Tickets will be limited and once tickets are sold out no further tickets will be issued.

Officials list

Competition Organisers: Welsh Gymnastics

Head Judge: WAG Sarah Twose

Welfare/Safeguarding: Maria Gaynor

Physio: Physio Support

Floor managers: Maria Gaynor

Compare: Debra Morris

Coaches – please report to the top table for your accreditation wrist band please. Any coaches who are not on the accredited coach list will not be able to gain access to the competition floor.

Presentation

A medal and trophy will be given to all first placed individuals in each grade, with 2nd and 3rd getting medals and 4th/5th/6th receiving ribbons. For those in 2nd and 3rd positions overall medals only will be presented.

Apparatus medals will be presented to gymnasts finishing in 1st, 2nd and 3rd positions only in

Additional

At this competition we are piloting a Wall of Kindness which we are asking everyone to use. The idea of the Wall of Kindness is to write something positive about your peers, a coach, volunteer or judge. For example, at a recent competition I was in attendance, I was lucky enough to hear a young lady who showed excellent sportsmanship. She cheered everyone extremely loudly regardless of who they were or which club they attended.

There will be sticky notes available alongside a white board, with markers, we will be asking everyone to write their observations down and stick them to the board.

Competition format

Saturday

Round 1 – Preparation 3

Coaches and judges meeting will take place at 8:30pm

Doors Open at 8:20am	
Registration:	8:25am
Warm up:	8:40am
March in:	9am
Comp Start:	9:05am

Round 2 – Performance 1

Registration:	1pm
Warm up:	1:10pm
March in:	1:30pm
Comp Start:	1:35pm

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Sunday

Round 3 – Performance 3

Coaches and judges meeting will take place at 8:30pm

Registration:	8am
Warm up:	8:10am
March in:	8:30am
Comp Start:	8:35am

Round 4 – Performance 2

Registration:	10:45am
Warm up:	10:55am
March in:	11:15am
Comp Start:	11:20am

Round 5 – Performance 4 and All Excel grades

Registration:	2:45pm
Warm up:	3pm
March in:	3:20pm
Comp Start:	3:40pm

Photographer

Please find below the price list for the photographer that will be present on the day of the competition.

Our usual photographer is not available on the weekend due to a prior event, so I have arranged for a photographer to come along and take pictures on the day. All pictures will be sent back to us and uploaded onto a closed and private part our website. We will send everyone who purchases a ticket to spectate the link to the website along with an order form, which we will be asking you to send back to us and we will forward to the photographer in batches every 3 days to ensure we give the photographer enough time to process the orders. Below is a copy of the prices for you to share with your members, this information will also be available on the day and form part of the competition programme which has also been attached.

Item	Price	Notes
4 x 6 Digital Image	£7.00	JPEG image emailed to you
5 x 7 Digital Image	£7.00	JPEG image emailed to you
6 x 8 Digital Image	£7.00	JPEG image emailed to you
8 x 10 Digital Image	£7.00	JPEG image emailed to you
5x7" Print	£10.00	Physical print posted to you
10x8" Print	£10.00	Physical print posted to you
12x8" (A4) Print	£10.00	Physical print posted to you
12x8" (A4) Collage	£15.00	Physical print posted to you. 4, 5, or 6 images usually work best. My standard format is a black background, with the gymnast's name, competition name and the date added
A3 Collage	£20.00	Physical print posted to you. Smaller number of images come out larger. Large number of images come out smaller. My standard format is a black background, with the gymnast's name, competition name and the date added

Music

All music has been downloaded from both Sport80 and One Drive, but can I ask that a copy of your music is bought along as a backup just in case.

Judging list

Saturday

Meeting at 8.30am with Sarah

Prep 3, Performance 1

Vault	Bars	Beam	Floor	Range and conditioning
Elle Langham-Walsh	Sian Lewis	Liz Lewis	Sarah Twose	Samantha James
Sue Spry	Allan Brotherston	Hayley Dickman	Angel Romaeo	Karen Colman
Cath Rowley	Tara Bates	Katie Norgrove	Tori Jones	Jea Maracha
Ryan Anderson	Emma Rickards	Sophie Barratt	Calla Woodcock	

Sunday

Rounds 1 and 2 – meeting at 8.05am with Sarah

Performance 2/3

Vault	Bars	Beam	Floor	Range and conditioning
Sian Lewis	Sarah Twose	Tracey Skirton-Davies	Liz Lewis	Julie Edwards
Kathryn Griffiths	Mia Bedford	Samantha James	Allan Brotherston	Ludivine Gegaden
Dyfed Price	Kimberley Meredith	Tia Mace	Amy Stewart	Georgia Wink

Sunday

Round 3 – meeting at 3pm with Sarah

Performance 4 / Excel

Vault	Bars	Beam		Range and conditioning
Sian Lewis	Sarah Twose	Tracey Skirton-Davies	Liz Lewis	Olivia Bryl
Kathryn Griffiths	Elle Langham-Walsh	Samantha James	Allan Brotherston	Julie Edwards

We hope you have a great competition and safe travels.

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 **KUKRI**

Quatro
FREEDOM TO PERFORM

 Welsh Gymnastics
Gymnasteg Cymru