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Welsh TEAMGYM Championships

March 3rd 2024

**Welcome to our Welsh Gymnastics TEAMGYM Championships 2024**

Programme for Parents



**Venue:**

Welsh Institute of Sport, CARDIFF CF11 9SW

Welsh Championships are designed to offer opportunities for our more advanced gymnasts to compete against their peers and often teammates.

This year’s Welsh TeamGym Championships is the first ever held in Wales. We are very proud to be offering this to our community and hope all gymnasts and coaches enjoy the competition. After the competition we will be giving parents the opportunity to give feedback to help us further improve our offer.

Parking at the venue is free of charge, but please be mindful of gymnasts entering and leaving the building as the car park and roads around the centre can be busy.

There are electric charging ports at the front of the building, as well as specific parking for those with complexities.

**Times**

This years Welsh Championships will run over one day – Sunday 3rd March .

Doors will open at 8:45am, can we politely encourage spectators not to congregate in the reception area of Sport Wales.

**Tickets**

This is a ticketed only event, there are still some tickets available:

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Link: <https://www.eventbrite.co.uk/e/welsh-teamgym-championships-tickets-846247939367?aff=oddtdtcreator>

Adults: £10, Child: £5

**TIMES**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **GROUP A** - LEVEL 6 & 5 MINI | | |  | GROUP B - LEVEL 5 YOUTH FEMALE | | |
| General Warm Up 09:15 | | |  | General Warm Up 11.00 | | |
| Orientation A | | |  | Orientation B | | |
| Time | Tumble | Trampette |  |  | Tumble | Trampette |
| 09:35 | 1 | 2 |  | 11.35 | 10 | 11 |
| 09:38 | 3 | 4 |  | 11.38 | 12 | 13 |
| 09:41 | 5 | 6 |  | 11.41 | 14 | 15 |
| 09:44 | 7 | 8 |  | 11.44 | 16 | 8 |
| 09:47 | 9 | 1 |  | 11.47 | 9 | 10 |
| 09:50 | 2 | 3 |  | 11.51 | 11 | 12 |
| 09:53 | 4 | 5 |  | 11.54 | 13 | 14 |
| 09:56 | 6 | 7 |  | 11.56 | 15 | 16 |
| 10:02 | 8 | 9 |  | Competition B | | |
| Competition A | | |  | Time | Tumble | Trampette |
| Time | Tumble | Trampette |  | 12.00 | 10 | 11 |
| 10:05 | 1 | 2 |  | 12.06 | 12 | 13 |
| 10:11 | 3 | 4 |  | 12.12 | 14 | 15 |
| 10:17 | 5 | 6 |  | 12.18 | 16 | 8 |
| 10:23 | 7 | 8 |  | 12.24 | 9 | 10 |
| 10:29 | 9 | 1 |  | 12.30 | 11 | 12 |
| 10:35 | 2 | 3 |  | 12.36 | 13 | 14 |
| 10.41 | 4 | 5 |  | 12.42 | 15 | 16 |
| 10.47 | 6 | 7 |  | **PRESENTATION AFTER GROUP C PLEASE REMAIN** | | |
| 10.53 | 8 | 9 |  |
| **Mini L 6 & 5 Presentation Group A** | | |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  | GROUP C - LEVEL 5 YOUTH MIXED | | |  |  |
|  |  | LEVEL 5 JUNIOR | | |  |  |
|  |  | WELSH CHAMPIONSHIPS LEVEL 4 | | |  |  |
|  |  | General Warm Up 13.00 | | |  |  |
|  |  | Orientation C | | |  |  |
|  |  | Time | Tumble | Trampette |  |  |
|  |  | 13.20 | 17 | 18 |  |  |
|  |  | 13.23 | 19 | 20 |  |  |
|  |  | 13.36 | 21 | 22 |  |  |
|  |  | 13.39 | 18 | 17 |  |  |
|  |  | 13.42 | 20 | 19 |  |  |
|  |  | 13.45 | 22 | 21 |  |  |
|  |  | Competition C | | |  |  |
|  |  | Time | Tumble | Trampette |  |  |
|  |  | 13.50 | 17 | 18 |  |  |
|  |  | 13.56 | 19 | 20 |  |  |
|  |  | 14.02 | 21 | 22 |  |  |
|  |  | 14.08 | 18 | 17 |  |  |
|  |  | 14.14 | 20 | 19 |  |  |
|  |  | 14.20 | 22 | 21 |  |  |
|  |  | LEVEL 5 & 4 Presentation Groups B-C | | |  |  |
|  |  |  |  |
|  |  |  |  |

**GROUPS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Category** | **Group A** | **No.** |  | **Category** | **GROUP B** | **No.** |
| Mini L6 | Gym Studios Indigo | 1 |  |  | VGA Maroon | 10 |
| All Stars Mini Stars | 2 |  |  | Gym Studios Peacock | 11 |
| All Stars Shooting Stars | 3 |  | Youth Level 5 | Gym Studios Sapphire | 12 |
| St Tydfils Team Blue | 4 |  | Female | St Tydfils Team Gold | 13 |
| St Tydfils Team Pink | 5 |  |  | St Tydfils Team Purple | 14 |
| St Tydfils Team Red | 6 |  |  | VGA Violet | 15 |
| St Tydfils Team Yellow | 7 |  |  | VGA Aqua | 16 |
| Mini L6 | All Stars Comets | 8 |  |  |  |  |
|  | VGA Crimson | 9 |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| Category | GROUP C | **No.** |
|  | Rockets | 17 |
| Level 5 Junior | VGA Cyan | 18 |
| & Youth Mixed | Gym Studios Cobalt | 19 |
| Level 4 | All Stars Meteors | 20 |
|  | Gym Studios Tiffany | 21 |
|  | VGA Azure | 22 |

**PRESENTATIONS**

A trophy for the winning team, along with large Welsh Gymnastics medals for all team members

Presentations will also take place for the team finishing in 2nd and 3rd place, with each team member getting a medal.

In a change to the originally publish criteria we will also present ribbons to those teams in 4th/5th and 6th

We will also be presenting a trophy to the team with the highest execution score (E-score) from each level, at the end of the day.

The presentation for Group B & C will be at the end of the event

**COMPETITION PERSONNEL/OFFICIALS**

Floor Manager – Maria Gaynor

First Aid – Coach initially then emergency services

Welfare/safeguarding – Maria Gaynor

Head judge: Trish Rawlings

Announcer – Maria Gaynor

Safe travels and we look forward to welcoming to the first ever Welsh TeamGym Championships