Welsh Gymnastics
Gymnasteg Cymru

Welcome!

Acro NDP Grades

22nd February 2026

Acro NDP 2026

Venue: Sport Wales National Centre Cardiff CF11 9SW

Date: 22nd February

Tickets: https://welshgymnastics.sport80.com/public/wizard/e/565

Running Order

Welsh Gymnastics
Gymnasteg Cymru

Registration	8:30
Doors Open to Spectators	8:45
Warm Up Moves (Main Floor) - G1 & G2	8:45 to 8:55
Warm Up Moves (Main Floor) - G3	8:56 to 9:06
Warm Up Moves (Main Floor) - G5WP, G5WG, IDP1 MxP & IDP2 WG	9:07 to 9:27
Warm up Moves (Main Floor) - IDP1 WP & IDP1 WG	9:28 to 9:48
March on	**9:55**
Competition Starts	**10:10**
Round 1A Orientation	10:10 to 10:13
Round 1B Orientation	10:14 to 10:17
Round 1 (A&B) Routines - Start Panel A	10:18 to 10:45
Round 2A Orientation	10:46 to 10:49
Round 2B Orientation	10:50 to 10:53
Round 2 (A&B) Routines - Start Panel A	10:54 to 11:30
Round 3A Orientation	11:31 to 11:34
Round 3B Orientation	11:35 to 11:38
Round 3 (A&B) Routines - Start Panel B	11:39 to 12:15
Round 4A Orientation	12:16 to 12:19
Round 4B Orientation	12:20 to 12:23
Round 4 (A&B) Routines - Start Panel B	12:24 to 12:57
Presentations Grades 1, 2 & 3	**13:00**

Warm up (Main Floor) Grade 4	13:15 to 13:25
Warm up (Main Floor) Aspire	13:26 to 13:36
Warm Up Moves (Main Floor) - G5WP, G5WG, IDP1 MxP & IDP2 WG	13:37 to 14:07
Warm up Moves (Main Floor) - IDP1 WP & IDP1 WG	14:08 to 14:28
Competition Resumes	**14:30**
Round 5A Orientation	14:30 to 14:33
Round 5B Orientation	14:34 to 14:37
Round 5 (A&B) Routines - Start Panel A	14:38 to 15:11
Round 6A Orientation	15:12 to 15:15
Round 6B Orientation	15:16 to 15:19
Round 6 (A&B) Routines - Start Panel A	15:20 to 15:59
Round 7A Orientation	16:00 to 16:03
Round 7B Orientation	16:04 to 16:07
Round 7 (A&B) Routines - Start Panel B	16:08 to 16:47
Round 8A Orientation	16:48 to 16:51
Round 8B Orientation	16:52 to 16:55
Round 8 (A&B) Routines - Start Panel B	16:56 to 17:23
Round 9A Orientation	17:24 to 17:27
Round 9B Orientation	17:28 to 17:31
Round 9 (A&B) Routines - Start Panel B	17:32 to 18:05
Presentations Grade 4 & Above	**18:15**

Running Order

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Gymnasteg Cymru

PANEL A							
Orientation Time 4 Minutes							
Round 1A	61B^{G5WG}	62B	63B	64B	65B		
Orientation Time 4 Minutes							
Round 2A	69B^{IDP1WP}	70B	71B	72B	80B^{IDP2WG}	81B	
Orientation Time 4 Minutes							
Round 3A	1^{G1WP}	2	3	4	5		
Orientation Time 4 Minutes							
Round 4A	6^{G1WP}	7	8^{G1MP}	16^{G2WG}	17		
Orientation Time 4 Minutes							
Round 5A	29^{G3WG}	30	31	32	33	34	
PRESENTATIONS GRADES 1, 2 & 3							
Orientation Time 4 Minutes							
Round 6A	35^{G4WP}	36	37	38	39	40	41
Orientation Time 4 Minutes							
Round 7A	42^{G4WP}	43	57^{AWG}	58	59	60	
Orientation Time 4 Minutes							
Round 8A	73D^{IDPMXP1}	68D^{G5WP}	67D	66D	15D^{IDP2WP}		
Orientation Time 4 Minutes							
Round 9A	79D^{IDP1WG}	78D	77D	76D	75D	74D	
PRESENTATIONS GRADES 4 & ABOVE							

PANEL B							
Orientation Time 4 Minutes							
Round 1B	66B^{G5WP}	67B	68B	73B^{IDP1MXP}	15B^{IDP2WP}		
Orientation Time 4 Minutes							
Round 2B	74B^{IDP1WG}	75B	76B	77B	78B	79B	
Orientation Time 4 Minutes							
Round 3B	9^{G2WP}	10	11	12	13	14	
Orientation Time 4 Minutes							
Round 4B	18^{G3WP}	19	20	21	22	23	
Orientation Time 4 Minutes							
Round 5B	24^{G3WP}	25	26	27	28		
Orientation Time 4 Minutes							
Round 6B	44^{G4WG}	45	46	47	48	49	
Orientation Time 4 Minutes							
Round 7B	50^{G4WG}	51	52^{AWP}	53	54	55	56
Orientation Time 4 Minutes							
Round 8B	65D^{G5WG}	64D	63D	62D	61D		
Orientation Time 4 Minutes							
Round 9B	81D^{IDP2WG}	80D	72D^{IDP1WP}	71D	70D	69D	

Judging Officials

Shaun Malone – Brevet

Matt Scott – National

Katie Owen - Regional

Alice Dymond - Regional

Andrew Grey – Club

Alex Jones - Regional

Nicky England – Club

Adam Drinkall – Brevet

Naomi Sheppard – Brevet

Rachel Williams – Regional

Oscar Booth - Regional

Carys Dobel – Club

Lisa Thomas - Regional

Teresa Cross – Regional

Deb Lavendar - Regional

Event Officials

Event Manager – Seren Williams

Safeguarding and Well Being Officer – Seren Williams

Physio – Physio Support

Floor Manager – Mandy McNicholas

TP Judging Lead – Matt Scott