



# West PRELIMS

**Llanelli Gymnastic Club**

11<sup>th</sup> – 12<sup>th</sup> April 2026

# Welcome!



**Date – 11<sup>th</sup> / 12<sup>th</sup> May 2026**

**Venue – Llanelli Gymnastics Club**

**Event Coordinator – Seren Williams**

**Floor Manager – Harri Pugh**

**Safeguarding and Well Being Officer – Seren Williams**

# Saturday

Saturday - R1	
Level 1 - 6,7,8yrs	
<b>REG</b>	14:00 - 14:15
<b>Warm up</b>	14:15 - 14:30
<b>March on</b>	14:30 - 14:40
<b>R1</b>	14:40 - 15:00
<b>R2</b>	15:00 - 15:20
<b>R3</b>	15:20 - 15:40
<b>R4</b>	15:40 - 16:00
<b>Presentation</b>	16:00 - 16:15

Saturday - R2	
Level 1 - 9,10, 11-12, 13-14yrs	
<b>REG</b>	16:15 - 16:25
<b>Warm up</b>	16:25 - 16:40
<b>March on</b>	16:40 - 16:50
<b>R1</b>	16:50 - 17:10
<b>R2</b>	17:10 - 17:30
<b>R3</b>	17:30 - 17:50
<b>R4</b>	17:50 - 18:10
<b>Presentation</b>	18:10 - 18:25

# Sunday

Sunday - R1	
Level 2 - 7, 8yrs & Level 3 7yrs	
<b>REG</b>	9:00 - 9:15am
<b>Warm up</b>	9:15 - 9:30
<b>March on</b>	9:30 - 9:40
<b>R1</b>	9:40 - 10:00
<b>R2</b>	10:00 - 10:20
<b>R3</b>	10:20 - 10:40
<b>R4</b>	10:40 - 11:00
<b>Presentation</b>	11:00 - 11:15

Sunday - R2	
Level 2 - 9, 10yrs & Level 3 - 8, 9, 10yrs	
<b>REG</b>	11:15 - 11:25
<b>Warm up</b>	11:25 - 11:40
<b>March on</b>	11:40 - 11:50
<b>R1</b>	11:50 - 12:10
<b>R2</b>	12:10 - 12:30
<b>R3</b>	12:30 - 12:50
<b>R4</b>	12:50 - 13:10
<b>Presentation</b>	13:10 - 13:25

Sunday - R3	
Level 2 - 11-12, 13-14, 15-17yrs	
<b>REG</b>	13:25 - 13:35
<b>Warm up</b>	13:35 - 13:50
<b>March on</b>	13:50 - 14:00
<b>R1</b>	14:00 - 14:20
<b>R2</b>	14:20 - 14:40
<b>R3</b>	14:40 - 15:00
<b>R4</b>	15:00 - 15:20
<b>Presentation</b>	15:20 - 15:35

Sunday - R4	
Level 3 - 11-12, 13-14, 15-17, 15-17dis yrs	
<b>REG</b>	15:35 - 15:45
<b>Warm up</b>	15:45 - 16:00
<b>March on</b>	16:00 - 16:10
<b>R1</b>	16:10 - 16:30
<b>R2</b>	16:30 - 16:50
<b>R3</b>	16:50 - 17:10
<b>R4</b>	17:10 - 17:30
<b>Presentation</b>	17:30 - 17:45



*Nurturing | Aspirational |  
Accountable*

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[www.welshgymnastics.org](http://www.welshgymnastics.org)



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**Quatro**  
FREEDOM TO PERFORM

**REFLECTIONS**  
COLLECTION  
SHOP THE COLLECTION AT OUR BOOTH