

# Performance Grades

28<sup>th</sup>/29<sup>th</sup> March 2026

Sport Wales



Welsh Gymnastics  
Gymnasteg Cymru

Welcome to the Womens Artistic Gymnastics Performance Grades for 2026

This years grades are being held in Sport Wales National Centre, CARDIFF, over the weekend of 28<sup>th</sup>/29<sup>th</sup>  
March 2026.

Contained within this document are the running orders, the gymnast groups and competition officials.

### **Event Officials**

Competition Manager – Maria Gaynor  
Safeguarding and Wellbeing Officer – Maria Gaynor

Floor Manager – Chloe Wall  
Physio – TBC

Link for tickets: <https://welshgymnastics.sport80.com/public/wizard/e/589>

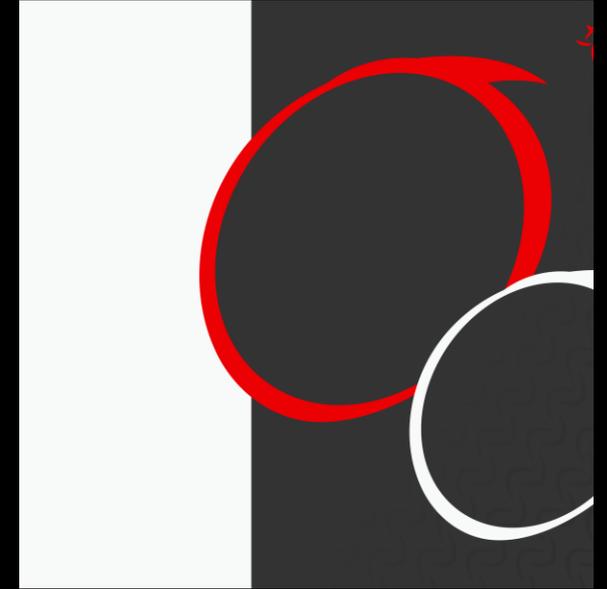


## SAT R1

### Prep 3 (32)

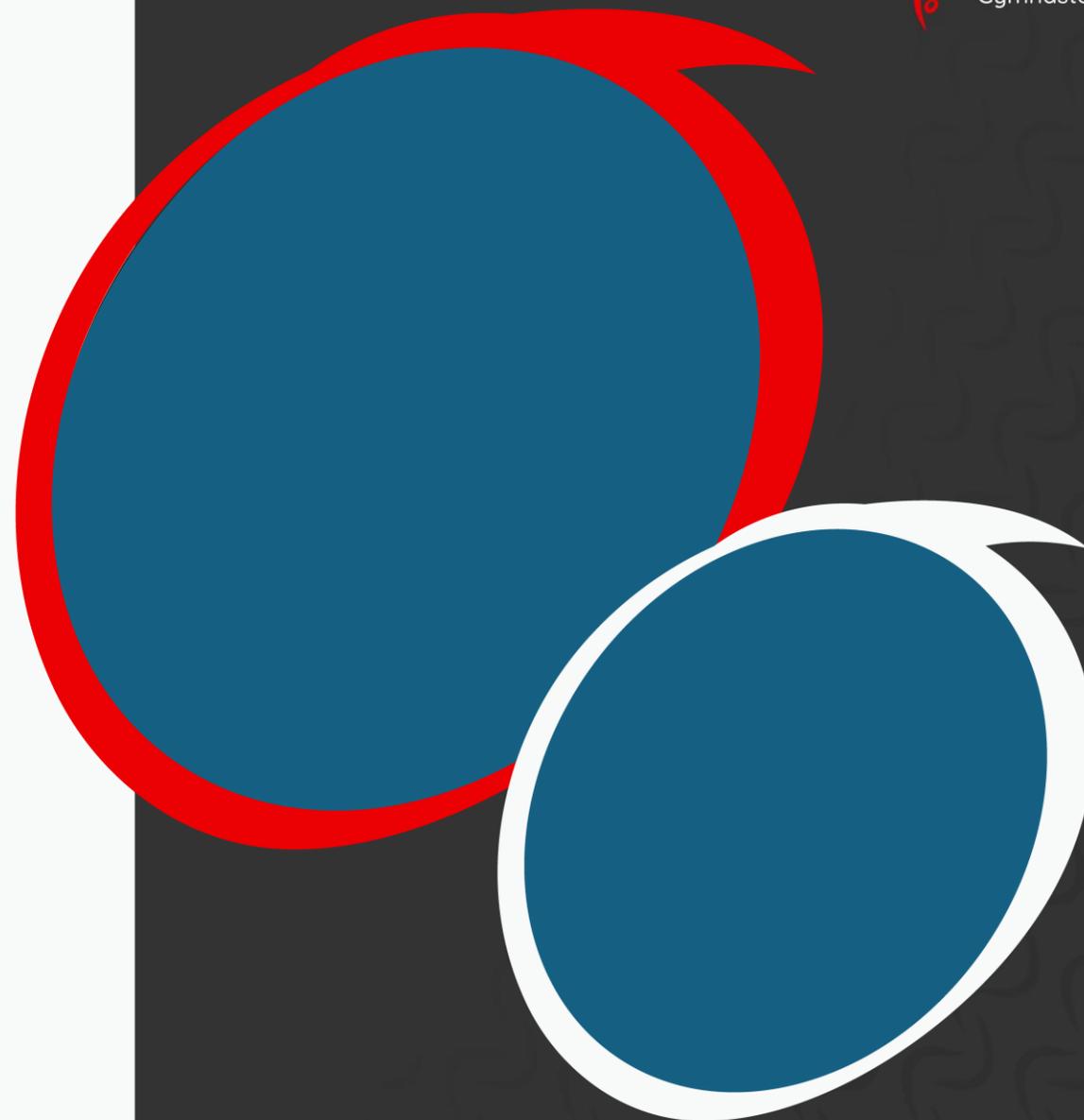
Reg	8.15am	8.15am
Stretching and basic warm up	8:15am	8.30am
March in and present	8.35am	8.45am
National Anthem and notices	8.45am	8.50am
Present to judges	8.50am	8.55am
Rotation 1	8.55am	9.25am
Rotation 2	9.25am	9.55am
Rotation 3	9.55am	10.25am
Rotation 4	10.25am	10.55am
Rotation 5	10.55am	11.25am
Round end		
Presentation	11.35am	12pm
lunch for judges	11.45pm	12.35pm

GRP 1	GRP 2	GRP 3	GRP 4	GRP 5
GRP 5	GRP 1	GRP 2	GRP 3	GRP 4
GRP 4	GRP 5	GRP 1	GRP 2	GRP 3
GRP 3	GRP 4	GRP 5	GRP 1	GRP 2
GRP 2	GRP 3	GRP 4	GRP 5	GRP 1



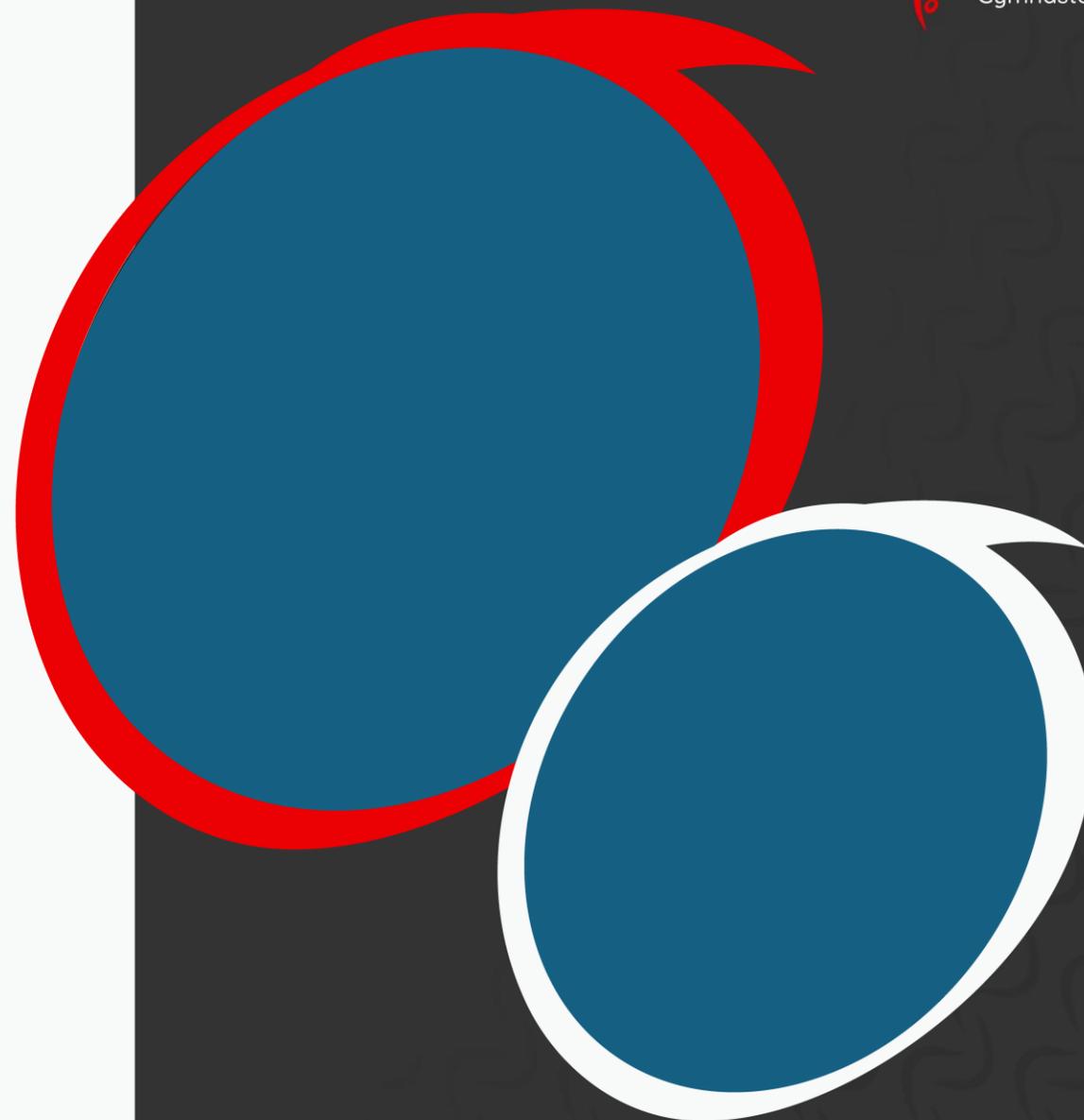
<b>SAT R2</b>		
<b>Pre-excel/excel (35)</b>		
Reg	11.45pm	12pm
Stretching and basic warm up	12pm	12.15pm
March in and present	12.15pm	12.25pm
National Anthem and notices	N/A	
Present to judges	12.25pm	12.30pm
Rotation 1	12.30pm	1pm
Rotation 2	1pm	1.30pm
Rotation 3	1.30pm	2pm
Rotation 4	2pm	2.30pm
Rotation 5	2.30pm	3pm
Round end		
Presentation	3.15pm	

<b>VT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FX</b>	<b>RANGE</b>
GRP 6	GRP7	GRP8	GRP9	GRP10
GRP10	GRP 6	GRP7	GRP8	GRP9
GRP9	GRP10	GRP 6	GRP7	GRP8
GRP8	GRP9	GRP10	GRP 6	GRP7
GRP7	GRP8	GRP9	GRP10	GRP 6



<b>SAT R3</b>		
<b>Perf 1 (34)</b>		
Reg	3.30pm	
Stretching and basic warm up	3.35pm	3.50pm
March in and present	3.50pm	4pm
National Anthem and notices	N/A	
Present to judges	4pm	4.05pm
Rotation 1	4.05pm	4.30pm
Rotation 2	4.30pm	4.55pm
Rotation 3	4.55pm	5.20pm
Rotation 4	5.20pm	5.45pm
Rotation 5	5.45pm	6.10pm
Round end		
Presentation	6.10pm	6.30pm

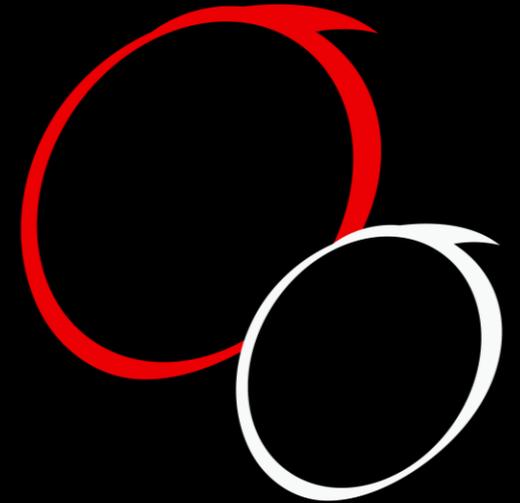
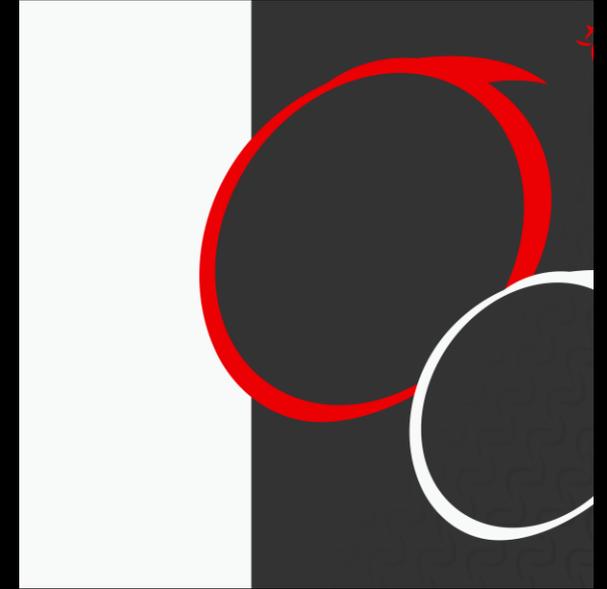
<b>VT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FX</b>	<b>RANGE</b>
GRP 11	GRP 12	GRP 13	GRP 14	GRP 15
GRP 15	GRP 11	GRP 12	GRP 13	GRP 14
GRP 14	GRP 15	GRP 11	GRP 12	GRP 13
GRP 13	GRP 14	GRP 15	GRP 11	GRP 12
GRP 12	GRP 13	GRP 14	GRP 15	GRP 11



## SUN R1

### Pref 2 and Perf 3

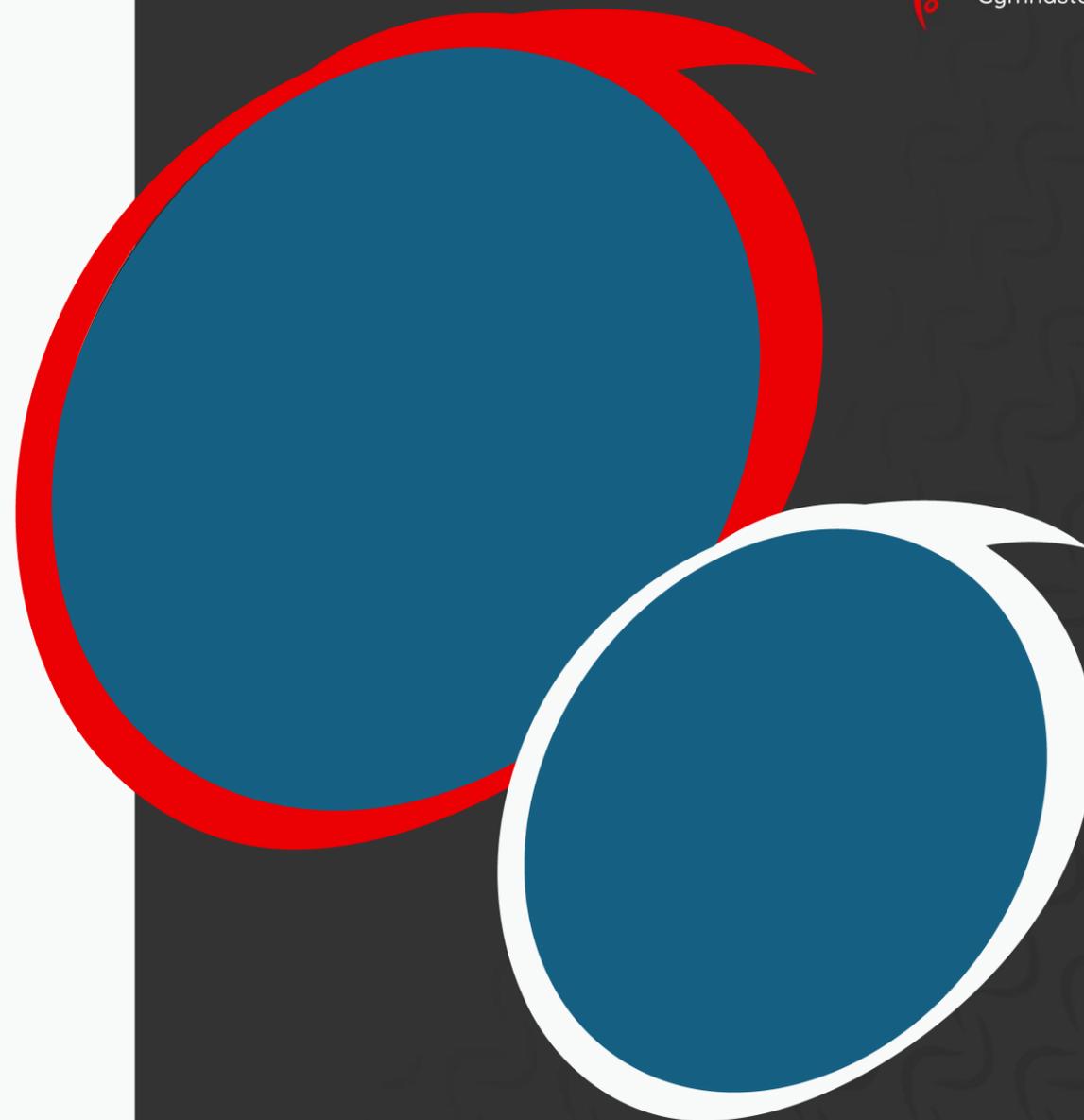
Reg	9.15am	9.30am
Stretching and basic warm up	9.30am	9.50am
March in and present	9.50am	10am
National Anthem and notices		
Present to judges		
Rotation 1	10am	10.30am
Rotation 2	10.30am	11am
Rotation 3	11am	11.30am
Rotation 4	11.30am	12pm
Rotation 5	12pm	12.30pm
Round end		
Presentation	12.45pm	1pm



GRP 16	GRP 17	GRP 18	GRP 19	GRP20
GRP20	GRP 16	GRP 17	GRP 18	GRP 19
GRP 19	GRP20	GRP 16	GRP 17	GRP 18
GRP 18	GRP 19	GRP20	GRP 16	GRP 17
GRP 17	GRP 18	GRP 19	GRP20	GRP 16

<b>SUN R2</b>		
<b>Perf 4</b>		
Reg	1.15pm	1.30pm
Stretching and basic warm up	1.30pm	1.45pm
March in and present	1.45pm	2pm
National Anthem and notices		
Present to judges		
Rotation 1	2pm	2.30pm
Rotation 2	2.30pm	3pm
Rotation 3	3pm	3.30pm
Rotation 4	3.30pm	4pm
Rotation 5	4.30pm	5pm
Round end		
Presentation	5pm	5.30pm

<b>VT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FX</b>	<b>RANGE</b>
GRP 21	GRP22	GRP 23	GRP 24	GRP 25
GRP 25	GRP 21	GRP22	GRP 23	GRP 24
GRP 24	GRP 25	GRP 21	GRP22	GRP 23
GRP 23	GRP 24	GRP 25	GRP 21	GRP22
GRP22	GRP 23	GRP 24	GRP 25	GRP 21



*Some dates for your diary:*

ABC 1 Delyn – 13<sup>th</sup>/14<sup>th</sup> June

Floor & Vault (CWG themed) – 18<sup>th</sup>/19<sup>th</sup> July

ABC 2 Sport Wales (CWG themed) – 25<sup>th</sup>/26<sup>th</sup> July

Commonwealth Games Gymnastics start – 24<sup>th</sup> July

**GOOD LUCK TO ALL GYMNASTS**

**Quatro**  
FREEDOM TO PERFORM



THE  
BECOMING  
COLLECTION

**AVAILABLE ON STAND**