



ABC S1

Delyn

Delyn Gymnastic Club

14th June 2026

Welcome!



Date – 14th June 2026

Venue – Delyn Gymnastics Club

Event Coordinator – Seren Williams

Safeguarding and Well Being Officer – Seren Williams

Sunday Times

		Round 1			
		VT	Bars	Beam	Floor
REG	10:00 - 10:15				
Gen warm up	10:15- 10:30				
March on	10:30-10:40				
R1	10:40 - 11:00	Grp 1	Grp 2	Grp 3	Grp 4
R2	11:00 - 11:20	Grp 4	Grp 1	Grp 2	Grp 3
R3	11:20 - 11:40	Grp 3	Grp 4	Grp 1	Grp 2
R4	11:40 - 12:00	Grp 2	Grp 3	Grp 4	Grp 1
Presentation	12:00 - 12:30	Presentation			

		Round 2			
		VT	Bars	Beam	Floor
REG	12:30 - 12:45				
Warm up	12:45 - 13:00				
March on	13:00 - 13:10				
R1	13:10 - 13:30	Grp 1	Grp 2	Grp 3	Grp 4
R2	13:30 - 13:50	Grp 4	Grp 1	Grp 2	Grp 3
R3	13:50 - 14:10	Grp 3	Grp 4	Grp 1	Grp 2
R4	14:10 - 14:30	Grp 2	Grp 3	Grp 4	Grp 1
Presentation	14:30 - 15:00	Presentation			



*Nurturing | Aspirational |
Accountable*

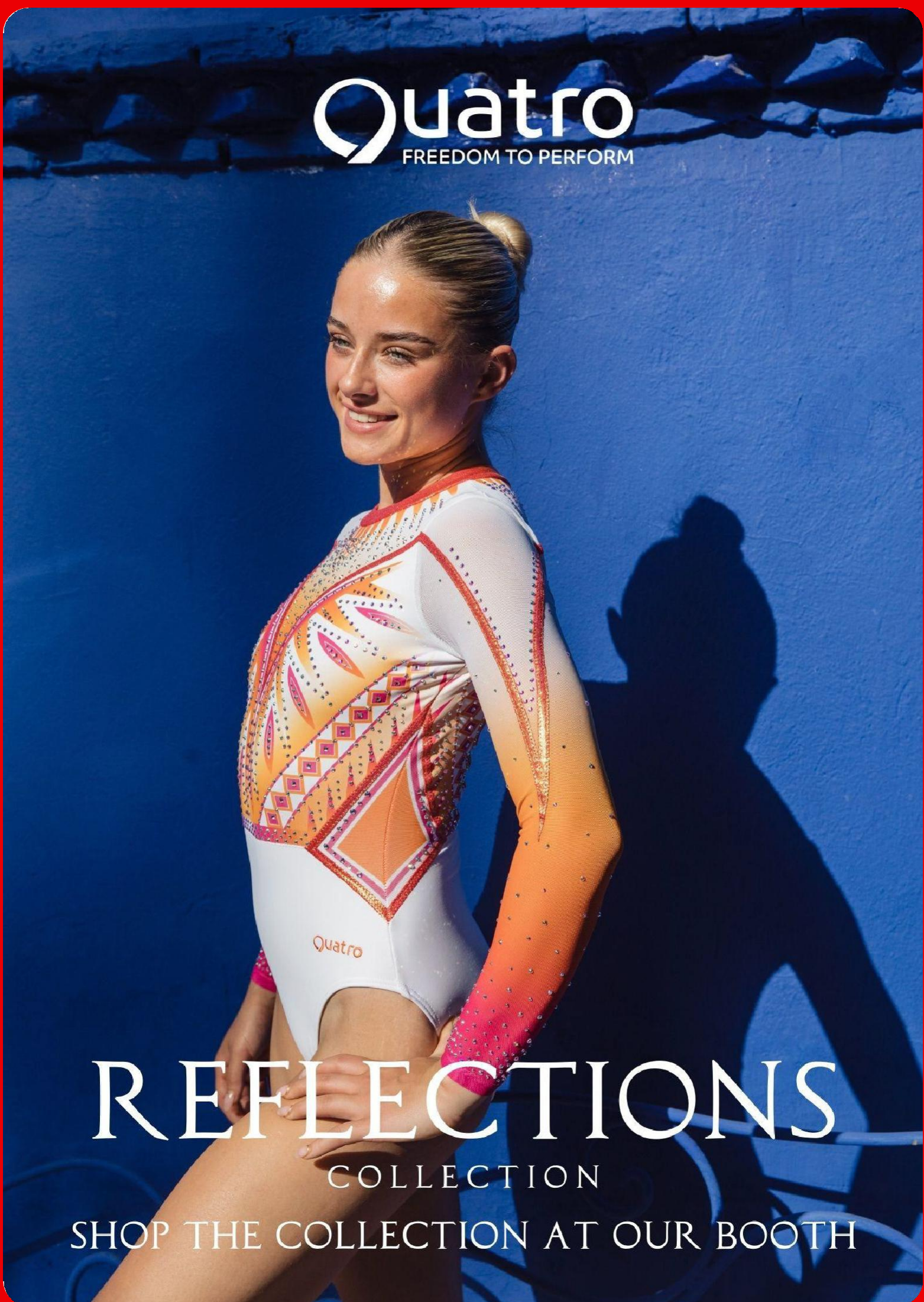
 **Call**
0300 3003127

 **Email**
contactus@welshgymnastics.org

 **Visit**
www.welshgymnastics.org



Follow us on social
media
[@WelshGymnastics](https://www.instagram.com/WelshGymnastics)



Quatro
FREEDOM TO PERFORM

REFLECTIONS
COLLECTION
SHOP THE COLLECTION AT OUR BOOTH