

## 2017 GPS Gymnastics Championships

ISC, Gymnasium, Brisbane Grammar School

Saturday 10th June

### Session 1 - Division 3 (Level 3/4)

		GT 'A'	TSS 'A'	BGS/BBC 'B'	GT/TSS 'B'	BBC 'A'	BGS 'A'
General Warm up		8.30am-8.40am					
Welcome/March on	8.40am	Rotations					
Rotation 1	8.45am	FX	PH	RR	VT	PB	HB
Rotation 2	9.00am	PH	RR	VT	PB	HB	FX
Rotation 3	9.15am	RR	VT	PB	HB	FX	PH
Rotation 4	9.30am	VT	PB	HB	FX	PH	RR
Rotation 5	9.45am	PB	HB	FX	PH	RR	VT
Rotation 6	10.00am	HB	FX	PH	RR	VT	PB

Competition finishes at 10.15am

### Session 2 - Division 2 (Level 5/6)

		GT 'A'	TSS 'A'	BGS/BBC 'B'	GT/TSS 'B'	BBC 'A'	BGS 'A'
General Warm up		10.30am-10.40am					
Welcome/March on	10.40am	Rotations					
Rotation 1	10.45am	FX	PH	RR	VT	PB	HB
Rotation 2	11.05am	PH	RR	VT	PB	HB	FX
Rotation 3	11.25am	RR	VT	PB	HB	FX	PH
Rotation 4	11.45am	VT	PB	HB	FX	PH	RR
Rotation 5	12.05pm	PB	HB	FX	PH	RR	VT
Rotation 6	12.25pm	HB	FX	PH	RR	VT	PB

Competition finishes at 12.45pm

### Session 3 - Division 1 (Level 7 Open)

		GT 'A'	TSS 'A'	BGS/BBC 'B'	GT/TSS 'B'	BBC 'A'	BGS 'A'
General Warm up		1.00pm-1.10pm					
Apparatus warm up		1.10pm-1.50pm					
Welcome/March on	1.50pm	Rotations					
Rotation 1	2.00pm	FX	PH	RR	VT	PB	HB
Rotation 2	2.15pm	PH	RR	VT	PB	HB	FX
Rotation 3	2.30pm	RR	VT	PB	HB	FX	PH
Rotation 4	2.45pm	VT	PB	HB	FX	PH	RR
Rotation 5	3.00pm	PB	HB	FX	PH	RR	VT
Rotation 6	3.15pm	HB	FX	PH	RR	VT	PB
Presentations – 4.00pm							

PB – Parallel Bars; HB – High Bar; FX – Floor; PH – Pommel Horse; RR – Rings; VT – Vault

Basic notes:                    Divison 3 will have 1 touch warm up. RR will warm up on seperate rings then compete  
    Division 2 will have 1 touch warm up with an option of 2 for level 6