



Gold Coast Gymnastics Club

Active Body - Active Mind

ABN 24 450 961 806

80 Pacific Ave
Miami QLD 4220
P.O. Box 1317
Burleigh Heads
Gold Coast QLD 4220
P: 075572 3619
F: 07 5575 1725
E: gcgym@hotmail.net.au
W: goldcoastgymnastics.com

GOLD COAST GYMNASTICS CLUB

WG INVITATIONAL 14TH-15TH AUGUST 2010

VENUE: Gold Coast Gymnastics Club, 70 Pacific Ave, MiAMI – beside Burleigh Bears Oval

COMPETITION FORMAT : 20min General w/up and Apparatus warm up compete.

VAULT- Levels 1-2 – 1 vault warm up compete 2 vaults Levels 3-6 warm up 2 vaults compete 2 vaults

BARS- Levels 1-3 30sec touch only Levels 4-6 50sec touch max

BEAM American w/up for all – L1-3 30sec touch ONLY L4-6 45secs

FLOOR Levels 1-3 max 2mins per group Levels 4-6 3mins per group

AWARDS: **OVERALL& APPARATUS 1st-6th Place**

Level Test badges for those nominated at Levels 4-6 ONLY

SPECTATOR ENTRY: Adult \$5.00 Child/Pensioner \$2.00

PARKING: Ample parking is available on both sides of our venue. Please note if a football game is in progress Burleigh Bears often charges parking around the oval.

CANTEEN: BBQ and refreshments available

SATURDAY 14TH AUGUST 2010

LEVELS 4-6

DOORS OPEN	4.15pm	
WARM UP	4.30pm	Main Gym - entry from spectator area
COMPETITION	5.00-7.20PM	
PRESENTATIONS	7.30PM	

SUNDAY 15TH AUGUST

SESSION 1

LEVEL 2 NOVICE & OPEN

ARRIVE	7.45am	
WARM UP	8.00AM	Back Gym - entry via road beside Oval
COMPETITION	8.25AM	
PRESENTATIONS	10.45am	

SESSION 2

LEVEL 1 OPEN

ARRIVE	11.00AM	
WARM UP	11.15AM	Back Gym - entry via road beside oval
COMPETITION	11.45AM	
PRESENTATIONS	2.45PM	

SESSION 3

LEVEL 3 OPEN, NOVICE & LEVEL 1 NOVICE

ARRIVE	2.30PM	
WARM UP	2.40pm	Back Gym - entry via road beside oval
COMPETITION	3.00PM	
PRESENTATION	5.45PM	