



SENIOR STATE CHAMPIONSHIPS

2024

23-24 March



PROGRAM

Our Gymsports



WAG

Women's Artistic Gymnastics

MAG

Men's Artistic Gymnastics



**TRP—Trampoline
Individual
Synchronised**



**TUM
Tumbling**



**DMT
Double Mini**

GT Senior State Championships

Opening Ceremony

OPENING CEREMONY—SATURDAY 9.40AM

MARCH IN OF GYMNASTS:

- WAG—LEVEL 7
- MAG—LEVEL 7 OPEN , LEVEL 9 U18, Level 9 Open
- TRAMPOLINE—INTERNATIONAL TRAMPOLINE JUNIOR AND SENIOR

NATIONAL ANTHEM

ACKNOWLEDGEMENT TO COUNTRY

GIDEON CORDOVER (COUNCILLOR KINGBOROUGH COUNCIL, GT BOARD MEMBER)

WELCOME

JACK PENNY—PRESIDENT GT BOARD

FIG (FEDERATION OF INTERNATIONAL GYMNASTICS)

OATHS AND CODES OF BEHAVIOUR

GYMNASTS' OATH:

READ BY — Tristan Styles (2023 TRP Junior Athlete of the Year) — FOR ALL GYMNASTS

JUDGES' OATH:

READ BY — Alison Morgan (2023 TRP Official of the Year) — FOR ALL JUDGES

COACHES' OATH:

READ BY — Oliver Dalco (2023 MAG Official of the Year) — FOR ALL COACHES

Event Staff

Championships Coordinator: Gymsports Management

Host Club: Kingborough Gymsports

WAG GC Technical Director: Anke Moncur

MAG GC Technical Director: Lars Becker

TRP GC Technical Director: Ben Kelly

Event Manager: Jo Penny

Floor Manager: Bond Larkin

Event Announcer: Heike Mumford

Medical: Back in Motion

Official Photographer: PHOTOGRAPH TASMANIA

<https://www.photographtasmania.com.au/site/2024-gt-senior-gymnastics>



**Available for purchase
from April 1st**

**photographtasmania.com.au/events
Password: GTS2024**

PHOTOGRAPHY AT THE EVENT:

Gymnastics Tasmania/Gymsports Management acknowledges that family and friends wish to take their own images for memories from the Championships and this is supported. However, sale of these images or recordings is not permitted. Gymnastics Tasmania/Gymsports Management reserves the right to remove individuals from an event if they refuse to adhere to these rules.

For the safety of the gymnasts, please:

- Only take videos and photos from the spectator area. Do not enter the competition area to take a video/photo
- Do not use flash photography as an unexpected flash may distract the gymnast and lead to injury

Men's Gymnastics

Saturday Session 1

SATURDAY – Session 1: 8.20AM-1.00PM

GROUP	LEVEL	CLUBS	TOTAL #
GROUP 1	7, 9	Kingborough (L7O-8, L90 – 1, L9U18-2)	11

8.20AM **General Warm-up (Competition Floor)**

8.40AM **Apparatus Warm Up**

	FX	PH	SR	VT	PB	HB
8.40-8.50		Group 1				
8.50-9.00				Group 1		
9.00-9.10			Group 1			
9.10-9.20					Group1	
9.20-9.30						Group 1
9.30-9.40	Group 1					

9.40AM **March In and Opening Ceremony**

10.00AM **Competition**

	FX	PH	SR	VT	PB	HB
10.00-10.30	Group 1					
10.30-11.00		Group 1				
11.00-11.30			Group 1			
11.30-12.00					Group 1	
12.00-12.30				Group 1		
12.30-1.00						Group 1

1.00PM **AWARD CEREMONY – MAG TEAMS**

Women's Gymnastics

Saturday Session 1

SATURDAY - SESSION 1 8.40AM-12.00PM LEVEL 7

GROUP	LEVEL	CLUBS	TOTAL #
GROUP 1	L7	EGA (L7 – 4), ZOD (L7–3),	7
GROUP 2	L7	KG (L7-6)	6
GROUP 3	L7	LPCYC (L7-5)	5
GROUP 4	L7	CG (L7-6)	6

8.40AM General Warm-up (Competition Floor)

9.00AM Apparatus Warm Up

	VAULT	BARS	BEAM	FLOOR
9.00-9.10	Group 4	Group 1	Group 2	Group 3
9.10-9.20	Group 3	Group 4	Group 1	Group 2
9.20-9.30	Group 2	Group 3	Group 4	Group 1
9.30-9.40	Group 1	Group 2	Group 3	Group 4

9.40AM March In and Opening Ceremony

10.00AM Competition

	VAULT	BARS	BEAM	FLOOR
10.00-10.30	Group 1	Group 2	Group 3	Group 4
10.30-11.00	Group 4	Group 1	Group 2	Group 3
11.00-11.30	Group 3	Group 4	Group 1	Group 2
11.30-12.00	Group 2	Group 3	Group 4	Group 1

1.00PM AWARD CEREMONY – LEVEL 7 TEAMS

Women's Gymnastics

Saturday Session 2

SATURDAY - SESSION 2 1.20PM - 4.35PM LEVELS 8,9,10

GROUP	LEVEL	CLUBS	TOTAL #
GROUP 1	L8	KG (L8-7)	7
GROUP 2	L8,9	DGC (L8-3, L9-2), LPCYC (L8-1)	6
GROUP 3	L8,9,10	ZOD (L8-5, L9-1, L10-1)	7
GROUP 4	L9	KG (L9-6)	6
GROUP 5	L8,10	EGA (L8-5, L10-1)	6

1.20PM General Warm-up (Competition Floor)

1.4110PM Apparatus Warm Up

	VAULT	BARS	BEAM	FLOOR	REST
1.40-1.50	Group 5	Group 1	Group 2	Group 3	Group 4
1.50-2.00	Group 4	Group 5	Group 1	Group 2	Group 3
2.00-2.10	Group 3	Group 4	Group 5	Group 1	Group 2
2.10-2.20	Group 2	Group 3	Group 4	Group 5	Group 1
2.20-2.30	Group 1	Group 2	Group 3	Group 4	Group 5

2.30PM Competition

	VAULT	BARS	BEAM	FLOOR	REST
2.30-2.55	Group 1	Group 2	Group 3	Group 4	Group 5
2.55-3.20	Group 5	Group 1	Group 2	Group 3	Group 4
3.20-3.45	Group 4	Group 5	Group 1	Group 2	Group 3
3.45-4.10	Group 3	Group 4	Group 5	Group 1	Group 2
4.10-4.35	Group 2	Group 3	Group 4	Group 5	Group 1

4.35PM AWARD CEREMONY – LEVEL 8,9 TEAMS

Women's Gymnastics

Sunday Session 3

SUNDAY - SESSION 3 8.20AM-11.20AM LEVEL 7

GROUP	LEVEL	CLUBS	TOTAL #
GROUP 1	L7	EGA (L7 – 4), ZOD (L7-3),	7
GROUP 2	L7	KG (L7-6)	6
GROUP 3	L7	LPCYC (L7-5)	5
GROUP 4	L7	CG (L7-6)	6

8.20AM General Warm-up (Competition Floor)

8.40AM Apparatus Warm Up

	VAULT	BARS	BEAM	FLOOR
8.40-8.50	Group 4	Group 1	Group 2	Group 3
8.50-9.00	Group 3	Group 4	Group 1	Group 2
9.00-9.10	Group 2	Group 3	Group 4	Group 1
9.10-9.20	Group 1	Group 2	Group 3	Group 4

9.20AM Competition

	VAULT	BARS	BEAM	FLOOR
9.20-9.50	Group 1	Group 2	Group 3	Group 4
9.50-10.20	Group 4	Group 1	Group 2	Group 3
10.20-10.50	Group 3	Group 4	Group 1	Group 2
10.50-11.20	Group 2	Group 3	Group 4	Group 1

12.20PM AWARD CEREMONY – LEVEL 7 INDIVIDUAL

Women's Gymnastics

Sunday Session 4

SUNDAY - SESSION 4 12.30PM-3.45PM LEVEL 8,9,10

GROUP	LEVEL	CLUBS	TOTAL #
GROUP 1	L8,10	EGA (L8-5, L10-1)	6
GROUP 2	L8	KG (L8-7)	7
GROUP 3	L8,9	DGC (L8-3, L9-2), LPCYC (L8-1)	6
GROUP 4	L8,9,10	ZOD (L8-5, L9-1, L10-1)	7
GROUP 5	L9	KG (L9-6)	6

12.30PM General Warm-up (Early Learning Floor – Kingborough venue)

12.50PM Apparatus Warm Up

	VAULT	BARS	BEAM	FLOOR	
12.50-1.00	Group 5	Group 1	Group 2	Group 3	Group 4
1.00-1.10	Group 4	Group 5	Group 1	Group 2	Group 3
1.10-1.20	Group 3	Group 4	Group 5	Group 1	Group 2
1.20-1.30	Group 2	Group 3	Group 4	Group 5	Group 1
1.30-1.40	Group 1	Group 2	Group 3	Group 4	Group 5

1.40PM Competition

	VAULT	BARS	BEAM	FLOOR	
1.40-2.05	Group 1	Group 2	Group 3	Group 4	Group 5
2.05-2.30	Group 5	Group 1	Group 2	Group 3	Group 4
2.30-2.55	Group 4	Group 5	Group 1	Group 2	Group 3
2.55-3.20	Group 3	Group 4	Group 5	Group 1	Group 2
3.20-3.45	Group 2	Group 3	Group 4	Group 5	Group 1

3.45PM AWARD CEREMONY – LEVEL 8,9,10 INDIVIDUAL

Trampoline Gymnastics

Saturday Session 1

<u>TIME</u>	<u>TRP</u>	<u>TUM</u>	<u>Dance Studio</u>
9.00-9.10	Non-Apparatus Warm-up JNR SYN		
9.10-9.20			
9.20-9.30	Warm-up JNR SYN		
9.30-9.40			
9.40-9.50	March In - SENIOR STATE CHAMPIONSHIPS		
9.50-10.00			
10.00-10.10	JNR SYN Q&F (1-touch prior to Q round) (1-touch finals) <i>Finals = C</i>		
10.10-10.20			Non-Apparatus Warm-up SNR SYN
10.20-10.30			SNR SYN Marshall Area
10.30-10.40			
10.40-10.50	Warm-up SNR SYN		
10.50-11.00			Non-Apparatus Warm-up N7 W TUM
11.00-11.10	SNR SYN Q&F (1-touch finals) <i>Finals = C</i>		
11.10-11.20		TUM	N7 W TUM Marshall Area
11.20-11.30		Warm-up N7 W TUM	
11.30-11.40			
11.40-11.50		N7 W TUM Q&F (1-touch finals) <i>Finals = C</i>	Non-Apparatus Warm-up JU17 M, JU22 M/W, SNR M TUM
11.50-12.00			JU17 M, JU22 M/W, SNR M TUM Marshall Area
12.00-12.10			
12.10-12.20		Warm-up JU17 M, JU22 M/W, SNR M TUM	
12.20-12.30			
12.30-12.40		JU17 M, JU22 M/W, SNR M TUM Q&F (1-touch finals) <i>Finals = C</i>	
12.40-12.50			
12.50-13.00			
13.00-13.10	PRESENTATIONS - SESSION 1 – TRP/TUM		
13.10-13.20			

Trampoline Gymnastics

Saturday Session 2

<u>TIME</u>	<u>TRP</u>	<u>DMT</u>	<u>Dance Studio</u>	
13.20-13.30			Non-Apparatus Warm-up JU22 M TRA	
13.30-13.40				
13.40-13.50	Warm-up JU22 M TRA			
13.50-14.00				
14.00-14.10	JU22 M TRA Q&F (1-touch finals) <i>Finals = Zero-start top 6 residential</i>			
14.10-14.20			Non-Apparatus Warm-up YU15 W, JU17 M, JU22 W, SNR W TRA	
14.20-14.30			JU17 M, JU22 W, SNR W TRA Marshall Area	
14.30-14.40				
14.40-14.50	Warm-up YU15 W, JU17 M, JU22 W, SNR W TRA			
14.50-15.00				
15.00-15.10	YU15 W, JU17 M, JU22 W, SNR W TRA Q&F (1-touch finals) <i>Finals = C for all events</i>		Non-Apparatus Warm-up SNR M TRA	
15.10-15.20			SNR M TRA Marshall Area	
15.20-15.30				
15.30-15.40	Warm-up SNR M TRA			
15.40-15.50				
15.50-16.00	SNR M TRA Q&F (1-touch finals) <i>Finals = Zero-start top 6 residential</i>			
16.00-16.10			Non-Apparatus Warm-up JU17 M, JU22 M DMT	
16.10-16.20			JU17 M, JU22 M Marshall Area	
16.20-16.30			DMT	
16.30-16.40		Warm-up JU17 M, JU22 M DMT		
16.40-16.50				Non-Apparatus Warm-up JU22 W, SNR M/W DMT
16.50-17.00		JU17 M, JU22 M Q&F (2-touch finals) <i>Finals - JU17 = C; JU22 = Zero Start F1 top 4, F2 top 3 residential</i>	JU22 W, SNR M/W Marshall Area	
17.00-17.10				
17.10-17.20		Warm-up JU22 W, SNR M/W DMT		
17.20-17.30				
17.30-17.40		JU22 W, SNR M/W DMT Q&F (2-touch finals) <i>Finals - JU22 W & SNR W = C; SNR M = Zero Start F1 top 6, F2 top 4 residential</i>		
17.40-17.50				
17.50-18.00				
18.00-18.10	PRESENTATIONS SESSION 2 - TRP INTERNATIONAL			
18.10-18.20				

Trampoline Gymnastics

Sunday Session 3

<u>TIME</u>	<u>TRP:</u>	<u>TUM</u>	<u>DANCE STUDIO</u>
10.30-10.40	Non-Apparatus Warm-up N5, N6, N7 YTH SYN	Non-Apparatus Warm-up N6 W, YU15 M/W TUM	
10.40-10.50			
10.50-11.00	Warm-up N5, N6, N7, YTH SYN	Warm-up N6 W, YU15 M/W TUM	
11.00-11.10			
11.10-11.20	N5, N6, N7, YTH SYN Q&F (1-touch finals) <i>Finals = C</i>	N6 W, YTH U15 TUM M/W Q&F (1-touch finals N6, 2-touch finals YU15) <i>Finals = C</i>	Non-Apparatus Warm-up N5 M/W, YU13 W TUM
11.20-11.30			
11.30-11.40			N5 M/W, YU13 W Marshall Area
11.40-11.50		Warm-up N5 M/W, YU13 W TUM (15-mins)	
11.50-12.00		N5 M/W, YU13 W TUM Q&F (1-touch finals N5; 2-touch finals YU13) <i>Finals = C</i>	
12.00-12.10			
12.10-12.20			
12.20-12.30	PRESENTATIONS SESSION 3 - TRP NATIONAL LEVELS		
12.30-12.40			
12.40-12.50			

Trampoline Gymnastics

Sunday Session 4

<u>TIME</u>	<u>TRP</u>	<u>DMT</u>	<u>Dance Studio</u>
12.50-13.00	Non-Apparatus Warm-up N5 M/W TRA	Non-Apparatus Warm-up N6 M/W, N7 M, YU15 M TRA	
13.00-13.10			
13.10-13.20	Warm-up N5 M/W (15-mins)	Warm-up N6 M/W, N7 W, YU15 M DMT	
13.20-13.30	N5 M/W TRA Q&F (1-touch finals) <i>Finals = C</i>		
13.30-13.40		N6 M/W, N7 W, YU15 M DMT Q&F (2-touch finals) <i>Finals = C</i>	
13.40-13.50			
13.50-14.00			Non-Apparatus Warm-up N6 W (1), N7 M (3) TRA - not already involved in DMT
14.00-14.10			
14.10-14.20	N6 M/W, N7 M/W, YU15 M TRP Marshall Area	N5 M/W TRA Marshall Area	
14.20-14.30	Warm-up N6 M/W, N7 M, YU15 M TRA	Warm-up N5 M/W DMT (15-mins)	
14.30-14.40		N5 M/W DMT Q&F (2-touch finals) <i>Finals = C</i>	
14.40-14.50	N6 M/W, N7 M, YU15 M TRA Q&F (1-touch finals) <i>Finals = C</i>		
14.50-15.00			
15.00-15.10			
15.10-15.20			
15.20-15.30			
15.30-15.40			
15.45-16.00	PRESENTATIONS SESSION 4 - TRP NATIONAL LEVELS		

2023 Gymnastics Tasmania Officials of the Year



**MAG OFFICIAL
OLIVER DALCO**



**WAG OFFICIAL
LEAH ENGLUND**



**TRP OFFICIAL
ALISON MORGAN**



**RG OFFICIAL
FELICITY HARVEY**

2023 Gymnastics Tasmania Athletes of the Year



MAG SENIOR ATHLETE
ARCHIE MCKENNA



MAG JUNIOR ATHLETE
HARRY FRENCH



WAG SENIOR ATHLETE
GRACE GABY



WAG JUNIOR ATHLETE
KEIRA HARDING

2023 Gymnastics Tasmania Athletes of the Year



**TRP SENIOR MALE ATHLETE
LEUCA MCLEOD**



**TRP SENIOR FEMALE ATHLETE
AMBER FRENCH**



**TRP JUNIOR MALE ATHLETE
TRISTAN STYLES**



**TRP JUNIOR FEMALE ATHLETE
MADI MCCULLOCH**

2023 Gymnastics Tasmania Athletes of the Year



**RG SENIOR ATHLETE
BETHANY HARVEY**



**RG JUNIOR ATHLETE
ANGUS TRACEY**



Australian Gymnastics Championships May 9-22, 2024

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GT Life Members

Kevin Langdon*

Jan Jones*

Brenda Langdon

Sue Hope*

*deceased

Laurie Seymour

Lynne Andrewartha

Robert Wherrett

Ludmila Vitesnikova

Barry Jacob

Gary Pitchford

Shirley Jacob

Peter Doody

Maureen Norris

Pauline Dittman

John Hargreaves

Mark Moncur

Ben Kelly

Leigh Oswin

Joanne Penny

Anke Moncur



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- ◇ Gym bags
- ◇ Scrunchies
- ◇ Bailie grips (MAG & WAG)
- ◇ Wrist bands

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One of the main objectives of RSG is to help every gymnast look good, feel great and be the best they can be.

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