

**Venue:**  
**State Gymnastics Centre**  
**SUNDAY 9<sup>th</sup> AUGUST, 2026**

## SUNDAY - SESSION 1 (Level 3) 8.00AM-10.45AM

| GROUP   | LEVEL | CLUBS                   | TOTAL # |
|---------|-------|-------------------------|---------|
| GROUP 1 | 3     | HPCYC (L3-6)/EGA (L3-3) | 9       |
| GROUP 2 | 3     | KG (L3-10)              | 10      |
| GROUP 3 | 3     | CG (L3-12)              | 12      |
| GROUP 4 | 3     | HGA (L3-10)             | 10      |

**8.00-8.20**      *Session 2: Warm-up on Competition Floor*  
**8.20-8.25**      *Move to First Apparatus*

WARM UP  
 Vault – 2 vaults  
 Bars – Canadian – 1 minute  
 Beam – Canadian – 1.15 minute  
 Floor – 3 minutes

| <i>Session 2: Compete</i> |         |         |         |         |
|---------------------------|---------|---------|---------|---------|
|                           | VAULT   | BARS    | BEAM    | FLOOR   |
| <b>8.25-9.00</b>          | Group 1 | Group 2 | Group 3 | Group 4 |
| <b>9.00-9.35</b>          | Group 4 | Group 1 | Group 2 | Group 3 |
| <b>9.35-10.10</b>         | Group 3 | Group 4 | Group 1 | Group 2 |
| <b>10.10-10.45</b>        | Group 2 | Group 3 | Group 4 | Group 1 |

**PRESENTATIONS: 10.45AM**

## WAG Junior Team Spirit – South

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### SUNDAY - SESSION 2 (Level 4) 11.15AM-2.35PM

| GROUP   | LEVEL | CLUBS                  | TOTAL # |
|---------|-------|------------------------|---------|
| GROUP 1 | 4     | KG (L4-3)/HGA (L4-6)   | 9       |
| GROUP 2 | 4     | CG (L4-11)             | 11      |
| GROUP 3 | 4     | KG (L4-11)             | 11      |
| GROUP 4 | 4     | HPCYC (L4-6)/CG (L4-5) | 11      |
| GROUP 5 | 4     | EGA (L4-10)            | 10      |

**11.15-11.35**      *Session 1: Warm-up on Competition Floor*  
**11.35-11.40**      *Move to First Apparatus*

WARM UP  
 Vault – 2 vaults  
 Bars – Canadian – 1 minute  
 Beam – Canadian – 1.15 minute  
 Floor – 3 minutes

| <i>Session 1: Compete</i> |         |         |         |         |         |
|---------------------------|---------|---------|---------|---------|---------|
|                           | VAULT   | BARS    | BEAM    | FLOOR   | REST    |
| <b>11.40-12.15</b>        | Group 1 | Group 2 | Group 3 | Group 4 | Group 5 |
| <b>12.15-12.50</b>        | Group 5 | Group 1 | Group 2 | Group 3 | Group 4 |
| <b>12.50-1.25</b>         | Group 4 | Group 5 | Group 1 | Group 2 | Group 3 |
| <b>1.25-2.00</b>          | Group 3 | Group 4 | Group 5 | Group 1 | Group 2 |
| <b>2.00-2.35</b>          | Group 2 | Group 3 | Group 4 | Group 5 | Group 1 |

**PRESENTATIONS: 2.35PM**

## WAG Junior Team Spirit – South

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### SUNDAY - SESSION 3 (Level 5) 2.55PM-5.10PM

| GROUP   | LEVEL | CLUBS                             | TOTAL # |
|---------|-------|-----------------------------------|---------|
| GROUP 1 | 5     | KG (L5-9)                         | 9       |
| GROUP 2 | 5     | HGA (L5-10)                       | 10      |
| GROUP 3 | 5     | CG (L5-6)                         | 8       |
| GROUP 4 | 5     | CG (L5-5)/EGA (L5-3)/HPCYC (L5-1) | 9       |

**2.55-3.15**      *Session 3: Warm-up on Competition Floor*  
**3.15-3.20**      *Move to First Apparatus*

WARM UP  
 Vault – 2 vaults  
 Bars – Canadian – 1 minute  
 Beam – Canadian – 1.15 minute  
 Floor – 3 minutes

| <i>Session 3: Compete</i> |         |         |         |         |
|---------------------------|---------|---------|---------|---------|
|                           | VAULT   | BARS    | BEAM    | FLOOR   |
| <b>3.20-3.50</b>          | Group 1 | Group 2 | Group 3 | Group 4 |
| <b>3.50-4.20</b>          | Group 4 | Group 1 | Group 2 | Group 3 |
| <b>4.20-4.50</b>          | Group 3 | Group 4 | Group 1 | Group 2 |
| <b>4.50-5.10</b>          | Group 2 | Group 3 | Group 4 | Group 1 |

**PRESENTATIONS: 5.15PM**

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## SUNDAY - SESSION 4 (Level 6) 5.25PM-7.10PM

| GROUP   | LEVEL | CLUBS                  | TOTAL # |
|---------|-------|------------------------|---------|
| GROUP 1 | 6     | CG (L6-4)/HPCYC (L6-2) | 6       |
| GROUP 2 | 6     | KG (L6-7)              | 7       |
| GROUP 3 | 6     | KG (L6-7)              | 7       |
| GROUP 4 | 6     | KG (L6-6)              | 6       |

5.25-5.45 *Session 4: Warm-up on Competition Floor*  
 5.45-5.50 *Move to First Apparatus*

WARM UP  
 Vault – 2 vaults  
 Bars – Canadian – 1 minute  
 Beam – Canadian – 1.15 minute  
 Floor – 3 minutes

| <i>Session 4: Compete</i> |         |         |         |         |
|---------------------------|---------|---------|---------|---------|
|                           | VAULT   | BARS    | BEAM    | FLOOR   |
| 5.50-6.10                 | Group 1 | Group 2 | Group 3 | Group 4 |
| 6.10-6.30                 | Group 4 | Group 1 | Group 2 | Group 3 |
| 6.30-6.50                 | Group 3 | Group 4 | Group 1 | Group 2 |
| 6.50-7.10                 | Group 2 | Group 3 | Group 4 | Group 1 |

**PRESENTATIONS: 7.10PM**