To the Parent / Guardian of:

**Venue**: Redbridge Leisure Centre, Forrest Road, Barkingside, Essex, IG6 3HD

Directions, & Map can be found on <http://bit.ly/MLO2015> (Free Parking Available)

Your child is competing on: Thursday 24th September/ Friday 25th September / Saturday 26th September / Sunday 27th Please arrive at the venue at (insert time)

As you go into the arena signs will direct you to where gymnasts or spectators need to go. Registration is on the first floor and gymnasts can register on arrival. Gymnasts should go with their parents / guardians to the spectator seating and wait to be called for their round. At NO time will any parents be allowed into the warm up area.

Warm Up will be at: (insert time)Competition will be at: (insert time)Followed by the Medal Presentation at (insert time) and will finish at: (insert time)

All times are subject to change if the programme is running early. Please note the competition will not be held up if your son does not arrive by registration time, the organisers reserve the right to begin half hour ahead of published timings except for in round one.

**Tickets**

The London Open Championships is often a sell-out event. Therefore we suggest you book your tickets early to avoid disappointment. You can also receive a discount when you purchase tickets online. You can do so via phone or over the web - just follow our link below.

**Online Sales**: <http://bit.ly/Londonopentickets>

To book tickets over the phone, please call: 020 8410 4443

**Card Payments:** We have a PayPal terminal to take card payments on the door

**Exceptions:** Gymnasts & Coaches taking part in other competitions can watch the Westminster Cup for £5.00 from the designated seating (should be booked in advance)Wristbands will be issued instead of tickets. If you are issued with a ticket prior to the event, please exchange this for a wristband upon arrival. These should be worn at all times to help our stewards easily identify that you have paid. It may be necessary to clear the hall between rounds on the grounds of health and safety.

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|  | **Thurs 24th PMClub L4-6** | **Fri 25th AMElite L1** | **Fri 25th PMElite L2-4** | **Sat 26th AMLoveday & Clayton** | **Sat 26th PMWestminster** | **Sun 27th All DayClub L1-3** |
| **Standard Ticket ONLINE** | £5.50 | £10.50 | £10.50 | £10.50 | £15.75 | £10.50 |
| **Standard TicketOn the Door** | £7.00 | £13.50 | £13.50 | £13.50 | £16.50 | £13.50 |

**Result sheets**

Available from the ticket desk at the end of each competition for a cost of 50p

**Venue Rules**

1. Whilst we are keen to encourage strong spectator participation, please ensure that sound instruments or Claxton’s are only used between the march around of the gymnasts.
2. Parents should avoid eating in the bleacher seating
3. Please follow the direction of stewards at all times
4. Please only leave your seat between rounds
5. No Flash Photography
6. London Gymnastics & Redbridge SC uses a zero tolerance approach to abuse against our volunteers. You will be required to leave the premises if deemed to have contravened this rule.

**Merchandising**

There will be a range of merchandising stalls which will be available throughout the Championships (though some stalls may not be open for each round of competition).

**The Zone Stall** – Major sponsor to London Gymnastics will be selling a wide range of boys and girls gymnastics attire and also London Gymnastics Merchandise.

**Fine Design** (Thurs & Sunday only) – selling a range of garments which can have print transfer added to them on site. Gymnasts in the Development Open will receive a ‘free t-shirt’ voucher (in registration) which can be redeemed at the stall.

**Photo Opportunities** – Throughout the weekend crew from Photo Opportunities will be on the competition floor capturing key moments from the competition. Prints can be ordered on site or via the website at a later date.

**Café**

The onsite café will be open throughout the weekend and offer a range of hot and cold refreshments

**Scores** can be viewed LIVE on the day of the competition by going to [www.gymdata.co.uk](http://www.gymdata.co.uk)

London Gymnastics has a strong Social Media Presence and will be ensuring the action from the event is shared as widely as possible. Please use the links below and interact with us using the #MLO2015 or #LondonGymnastics

 Twitter@londongymnastic  Facebook.com/LondonGymnastics

 Instagram/LondonGymnastics Youtube.com/Londongymnasticsuk

NO FLASH photography can be used during the competition, please ensure lights on mobile devices are disabled.