



PARENT & SPECTATOR GUIDE

**Westmeria & Gymnova Boy's London
Development & Elite Open Championships 2016**

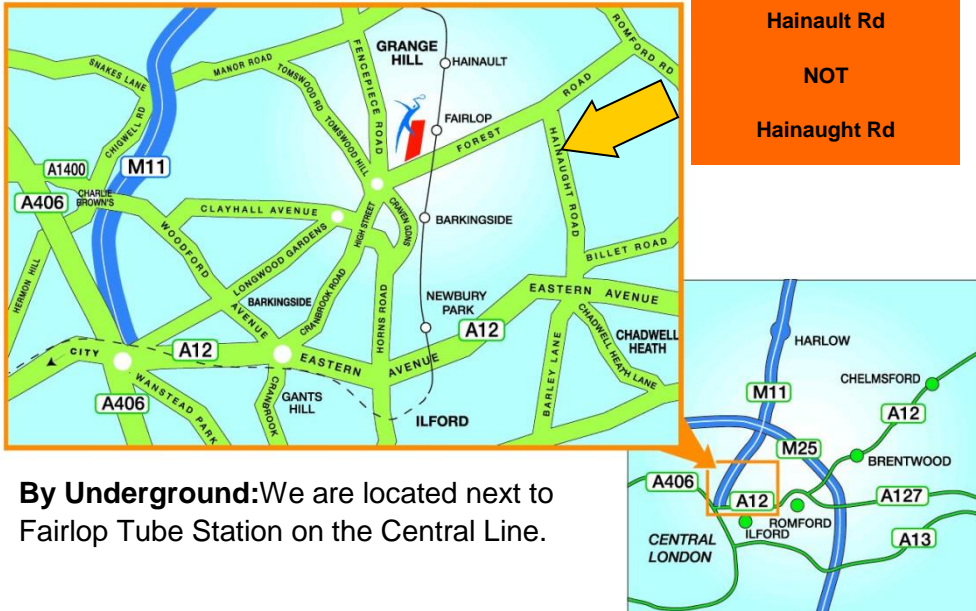
30th Sep, 1st & 2nd Oct 2016

Redbridge Sports & Leisure Centre (Jean Brown Arena),
Forest Road, Barkingside, IG6 3HD

Venue information – Directions

Venue title: *The Jean Brown Arena, Redbridge Sports Centre, Forest Road, Barkingside, IG6 3HD*

Directions:



By Underground: We are located next to Fairlop Tube Station on the Central Line.

From the M11: At the end of the M11, take the left hand fork towards The City and A12. Take the first exit and at the roundabout at the end of the slip road take the first exit onto Redbridge Lane East. Go across several mini roundabouts and, when coming to a large one, go straight over into Longwood Gardens. Continue along Longwood Gardens (over some more mini roundabouts!) until you get to another slightly larger one. Turn right at this roundabout into Fremantle Road.

At the traffic lights, turn left into Barkingside High Street. Carry on down until you reach the main roundabout. Take the third exit into Forest Road. The Centre is about 100 yards up on the left hand side just before the railway bridge.

From the North Circular Eastbound: Take the A1400 exit off the North Circular (just before the M11). At the roundabout take the 2nd exit towards Southend and the A127. Go over a set of pedestrian lights and at the next set of lights take the left hand turn into Clayhall Avenue. Go straight up Clayhall and at the roundabout go straight over (effectively the first exit.) At the traffic lights turn left into Barkingside High Street. At the next roundabout take the third exit into Forest Road.



Ample FREE parking is available.



On arrival at the Centre follow the road below PAST the first sports centre (red van pictured in photograph). The competition venue is the silver building top left. The Jean Brown Arena competition venue is pictured RIGHT. Please enter through the glass doors at the front and follow directions. London event staff (turquoise polo shirts) will be able to direct you.

Purchasing Tickets:

	Fri 30th Sep All Day	Sat 1st Oct All Day	Sun 2nd Oct All Day
Standard Ticket ONLINE	£7.00	£10.00	£10.00
Standard Ticket On the Door	£10.00	£15.00	£15.00

Online Sales: <http://bit.ly/MLODevtickets> 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 must purchase a ticket to watch any competition days in which they are not competing. Where a competition level runs across two rounds, gymnasts and coaches may sit in the spectator seating for free on the session in which they are not competing.

Wristbands will be issued instead of tickets. If you are issued with a ticket prior to the event, please exchange this for a wrist band 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.

Result sheets: Will be available to download from www.gymdata.co.uk

Merchandising: There will be a range of merchandising stalls which will be available throughout the Championships

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

Elite Printwear – selling a range of garments which can have print transfer added to them on site

Photo Opportunities – Throughout the weekend a 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.

Gymnast free t-shirts: Each competing gymnast is entitled to a free event t-shirt which can be collected from our merchandise partner 'Elite Printwear'.

A voucher will be issued at registration. It is possible to upgrade the t-shirt with additional styles.

Key Times

Day	Rnd	Panel	Doors Open	Registration	Start (March On)	End (Presentation)
Fri 30th Sep	1A	Blue Club L1	12.00	12.15 – 13.00	13:40	16:45 (Pres after Rnd 2)
Fri 30th Sep	1B	Pink Club L1 U8	12.00	12.15 – 13.00	13:40	16:45 (Pres after Rnd 2)
Fri 30th Sep	2A	Blue Club L1		Open Reg Closes 16.00	16:55	20:00
Fri 30th Sep	2B	Pink Club L1 U8		Open Reg Closes 16.00	16:55	20:00
Sat 1st Oct	3A	Blue Elite L3	07.30	07.45 – 08.00	08:40	11:45
Sat 1st Oct	3B	Pink Club L2	07.30	07.45 – 08.00	08:40	11:45 (Pres after Rnd 4)
Sat 1st Oct	4A	Blue Elite L4 & L5		Open Reg Closes 11.20	12:10	15:50
Sat 1st Oct	4B	Pink Club L2		Open Reg Closes 11.20	12:10	15:50
Sat 1st Oct	5A	Blue Elite L2 & L6		Open Reg Closes 15.50	16:45	20:20
Sat 1st Oct	5B	Pink Club L4		Open Reg Closes 15.50	16:45	20:20
Sun 2nd Oct	6A	Blue Elite L1 U8	08.00	08.00 – 08.30	09:10	12:15 (Elt L1 Pres after Rnd 7)
Sun 2nd Oct	6B	Pink Club L3, L5 & L6	08.00	08.00 – 08.30	09:10	12:15 (Clb L3 Pres after Rnd 7)
Sun 2nd Oct	7A	Blue Elite L1		Open Reg Closes 12.00	13:10	17:20
Sun 2nd Oct	7B	Pink Club L3		Open Reg Closes 12.00	13:10	17:20

Refer to full draw for more details:

<https://www.gymdata.co.uk/events/download-documents.aspx?eid=682>

Gymnast registration:

Registration of gymnasts will take place in the main arena between the two blocks of bleacher seating. Coach, parent or gymnast may register via online screens. Photographs will also be taken at this point (for display on the arena screens).

Please ensure you inform us of any withdrawals at registration (or to the Competition Director if known prior to the event).

With the exception of round one of each day, all other registration periods are open (e.g. you can register upon arrival). Please ensure you register by the closing time which may be brought forward by 30 mins if the competition runs ahead of schedule.

Awards & Ceremonies:

Competition	All Around	Apparatus Medals
All Club & Elite Levels	Trophy, Gold, Silver and Bronze Medal	Bronze, Silver & Gold medals will be awarded on all apparatus

Ceremony photos: Gymnasts will be presented their medals and stand behind the winners rostrum for each presentation. Due to time constraints we will not stop for photos, and instead a separate photo area will be held nearest the parallel bars area. Photo Opportunity (our official photographers) and parents will be welcomed to take photos of the medal winning gymnasts immediately following the competition. Parents should enter the arena from the ground floor, entering the first door on the right of the corridor.

Gymnast repatriation: At the end of each competition please listen to announcements as to how parents/guardians can safely collect their child.

Venue Rules: 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.

- Parents should avoid eating in the bleacher seating
- Please follow the direction of stewards at all times
- Please only leave your seat between rounds via the top of the staircase
- No Flash Photography, please also ensure bright lights on your mobile device are turned off.
- London Gymnastics & Redbridge LC 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.

Café: The onsite café will be open throughout the weekend and offer a range of hot and cold refreshments. If weather permits a Barbeque will be available outside.

Scoring and results: Scores will be shown on the television screens in the arena, and can be found live via www.gymdata.co.uk. You can also sign up to text alerts on the day.

Social Media: #MLO2016 or #LondonGymnastics

BG/LG Photo Policy: By entering an LG event, there is an acceptance that the participants may be photographed and the photograph may be published in LG communications. Any person wishing to use video, film, or take photographs must abide by the BG 'Photography at Events' Policy.

<http://bit.ly/BGPhotopolicy>