

The London Men's Open Championships 2013

Dear Coach,

Thanks very much for entering this year's London Men's Open Championships.

I am pleased to say we have reached record numbers with 470 gymnasts across three days of competition. The introduction of the London Open Elite Performance Pathway competition on Friday 6th has seen a good entry of nearly 80 gymnasts. The JLA London Men's Open on Saturday 7th has 135 gymnasts including representation from Russia and Norway and the London Development Open on Sunday 8th has 247 gymnasts.

So as you can see we have a very busy weekend in store. We always rely heavily on participating clubs to play their part in keeping us on schedule. Please ensure you, parents and gymnasts arrive in plenty of time.

The weekend will therefore be a long one, with the timings being extremely tight on both days.

As with last year due to the sheer number of gymnasts in the London Development Open, we will work the format of warm-up and compete.

I am grateful to those clubs who have nominated a judge for either one or both days, if you have any queries please contact Natalie Stocks natalie@elitegymwear.co.uk. Our Judging Convenors will be Mel Browne on Friday, James May on Saturday and Graham O'Sullivan on Sunday. The draw for apparatus will be distributed prior to the event.

In the attached information pack you will find information for coaches and parents.

Can I encourage you to look through the information pack asap and please let me have any name changes or corrections by return.

To make the information more relevant we have included "Parent information", please help by ensuring you copy this section for your parents. It is better that they have as much information as possible before the event.

We expect a lot of interest for tickets, so please ensure you use our new online ticket service prior to the event.

Finally I wish you a safe journey to London, and should you have any queries please contact our Competition Manager Lorna Goddard on 07545 352388 or email info@menslondonopen.co.uk. You can stay up to date with information for the championships by following our Facebook page <https://www.facebook.com/LondonGymnastics> or by visiting www.menslondonopen.co.uk.

Kind Regards

Ben Murphy
Championship Director

INFORMATION FOR PARENTS – Please copy as appropriate

Ticketing

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

Web: <https://dev.gymdata.co.uk/Events/BuyTickets.aspx?EventID=317>

Ticket Enquiries: info@menslondonopen.co.uk

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

Friday 6th September

Adults £10.00 | Child/Concession £7.50 (n.b. ticket includes access to watch podium training)

Saturday 7th September

Competition 1 & 2 (includes Clayton & Loveday) Adults £10.00 | Child/Concession £7.50

Competition 3 (Westminster Cup) Adults £10.00 | Child/Concession £7.50

Sunday 8th September

All Day Ticket - Adults £10.00 | Child/Concession £7.50

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)
- Concessions - with valid freedom pass
- Child - Under 16 (proof of ID may be required).

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.

Result sheets will be available at the end of the competition at a cost of 20p.

Inside the Hall

- It may be necessary to clear the hall in between rounds on the grounds of health and safety.
- **NO food or drink** can be taken into the hall including any packed lunches. There is a separate café area available at Europa.
- 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.

The Zone Stall

The Zone is a major sponsor of this event. So please look out for the stall which will be open all weekend, with a wide range of boys and girls gymnastic attire.

Souvenir Photographs

We have secured the services of Photographic Synergy for this event.

T-Shirts

London Development gymnasts wanting to claim their free T-Shirt can hand over their voucher which will be in the clubs registration pack. Gymnasts can pay an upgrade supplement if they wish to have the event design printed on a different garment.

Volunteers

The London Gymnastics Men's Technical Committee will act to protect any volunteers working on its behalf. All London Gymnastics competitions operate a zero tolerance approach to foul language or any abusive and aggressive behaviour.

Anyone found to be breaking these rules will be asked to leave the competition arena, and if necessary Europa Centre. Please help to ensure the competition arena is a friendly atmosphere.

INFORMATION FOR COACHES

- All entry fees are non-returnable
- Please check through the start list of names, check that gymnasts have been entered in the correct level and that the spelling of their name is correct.
- If groups become unbalanced due to withdrawals, we reserve the right to adjust group numbers on the day to facilitate continuity of the competition.
- Please ensure that your gymnasts arrive at least 30 minutes before the stated registration time, except for the first round.

Pre-Competition Training

Podium training will be available for the London Open gymnasts on Friday evening from 7.30 – 9.30pm.

Apparatus

- Apparatus meets the latest FIG competition specifications and is supplied by Gymnova.
- Requests for use of additional equipment/spring board must be made to the organising committee 48 hours prior to the competition.
- It is the responsibility of the gymnast to bring their own loops and gloves.

Registration

Please follow the Registration signs. There will be an open registration, which means that gymnasts can register at anytime during the day using our electronic registration system. Registration will take place at the far entrance of the Arena

Gymnasts Numbers

You will receive gymnasts numbers at registration. These should be clearly shown to the judge before the gymnast presents. The number may be shown by the coach or another gymnast within the same group.

Timetable and Working Order

Attached for distribution to coaches and competitors'. If you have any concerns please contact Lorna Goddard.

Gymnasts performing in loops and gloves are reminded to be in their loops immediately following the last competitor.

Physiotherapist

A physiotherapist will be on hand throughout the event.

Appeals against Scores

Please refer to the BG MTC Competition Handbook. There will be no appeals in the London Development Open.

Competition Arena Etiquette

Please ensure that gymnasts and coaches use the seating provided whilst waiting to perform on the apparatus. Please keep all you belongings together and only march to the next piece of apparatus when instructed, ensuring that gymnasts march around the apparatus and not across it.

Draw

The start apparatus has been decided by a random draw and in consideration of group and level entries to ensure an efficient and timely event.

Coaching Attire

Coaches are reminded that they are expected to comply with current regulations on appropriate uniform whilst in the arena. (**NO shorts or hoodies** – full length tracksuit bottoms should be worn, together with firm trainers and where possible t-shirt/polo shirt identifying the clubs name /logo) No Jewellery.

Coaching Qualifications

Clubs are reminded that they should ensure that the coaches attending to the gymnasts are qualified to the level of the gymnasts performance. Clubs have signed a declaration upon entry to the competition, any false information will lead to possible exclusion of all gymnasts from the competition.

Level 1 assistant coaches may only accompany a suitably qualified coach, but cannot be left alone as the coach responsible for a gymnast or a group at any time. Maximum permitted is 2 coaches per team on the floor at anytime, coaches may rotate but 3 or more coaches with a team at anytime will result in a penalty.

Presentations and Medal Groups

London Open

Clayton Bolt Shield (Inters): This is for gymnasts registered with BG/Home Nations membership. Top six gymnasts will be called for presentation. The winner being presented with the Clayton Bolt Shield to be kept for a period of 1 year.

Loveday Trophy (Youth & Junior): This is for all gymnasts registered with BG/Home Nations membership. Top six will be called for presentation. The winner being presented with the Loveday Trophy to be kept for a period of 1 year.

Westminster Cup (Open Age): This is for all gymnasts registered with BG/Home Nations membership. Top six will be called for presentation. The winner being presented with the Westminster Shield (only for presentation) and a trophy to keep.

Westminster Shield: This will be awarded to the highest placed London Gymnast and will be presented only for show (a keep sake will also be given)

International Cup: This will be presented to the highest placed International Gymnast. The criterion for an 'International' gymnast is for a gymnast that has been invited from overseas by the London Gymnastics MTC. This will be available for all age groups.

The top 6 placed gymnasts are required to stay behind up to 15 minutes after the presentations in order to meet London Gymnastics sponsorship obligations as well as photo and autograph opportunities.

Prize Money: All gymnasts that take part in all age groups are eligible for the prize money. The top 3 gymnasts will be awarded prize money.

Clayton Bolt –	3rd = £100, 2nd = £150 & 1st = £250
Loveday –	3rd = £150, 2nd = £200 & 1st = £300
Westminster Shield –	3rd = £200, 2nd = £250 & 1st = £500

Elite Performance Pathway & London Development Open

Trophies will be awarded for all Elite Performance Pathway winners and to the winners of each In Age (and Under 8) champion in the London Development Open. Due to the fact that Out of Age is no longer recognised Nationally, and due to their being less than six gymnasts in each Out of Age group – only medals for All Around results of Gold, Silver and Bronze will be awarded.

Individual Apparatus medals will also be presented at each level but only where there are 6 or more gymnasts in a group.

The London Open Elite Performance Pathway

Round 1 – Elite Level 1

JUDGES MEETING AT 12:45

Arrival & Registration	12:00 - 12:15
General Warm-up	12:30 - 12:45
Apparatus Warm-up (Open)	12:45 - 13:45
Competition Start	13:50
Competition Ends	15:10
Medal Ceremony	15:15

Judges Break:

Round 2 – Elite Levels 2, 3 & 4

Registration Closes	14:45
General Warm-up	15:35 - 15:50
Apparatus Warm-up	15:50 - 16:50
Competition Start	17:00
Competition Ends	19:10
Medal Ceremony	19:15

PLEASE NOTE: It may be necessary to change groups and timings on the day. As a result please ensure your gymnasts arrive at the venue at least 30 minutes before registration closes

Podium Training for gymnasts competing on Saturday will be available for 2 hours: 19:30-21:30

The JLA London Men's

Round 3 - Loveday Trophy – Youth & Junior

JUDGES MEETING AT 08:00

Registration closes	07:50 (latest)
General Warm-up	08:00 – 08:10
Apparatus Warm-up (Open)	08:10 – 09:10
Competition Start	09:20
Competition Ends	12:40
Medal Ceremony	12:50

Judges Lunch: 12:40-14:00

Round 4 - Clayton Bolt Trophy – Intermediate

Registration Closes	12:15 (latest)
General Warm-up	13:05 - 13:15
Apparatus Warm-up	13:15 – 14:15
Competition Start	14:20
Competition Ends	16:50
Medal Ceremony	17:00

Judges Break: 16:50-19:00

Round 5 – Westminster Cup – Senior

Registration Closes	16:45
General Warm-up	17.55 – 18.05
Apparatus Warm-up	18.05 – 19.05
Competition Start	19.15
Competition Ends	21.35
Medal Ceremony	22.00

PLEASE NOTE: It may be necessary to change groups and timings on the day. As a result please ensure your gymnasts arrive at the venue 30 minutes before registration closes.

IMPORTANT NOTICE REGARDING TIMINGS FOR LONDON DEVELOPMENT OPEN

- There will be no open apparatus warm-ups. Instead gymnasts will march straight in to their first piece and then on the first round and each subsequent round the following apparatus warm-ups will apply.
 - Competition 1 (Round 6): 15 minute apparatus warm-up at each piece.
 - Competition 2 (Round 7): 5 minute apparatus warm-up at each piece.
 - Competition 3 (Round 8): 13 minute apparatus warm-up at each piece.

YOU MUST

- Finish Apparatus warm-up when announced.
- Have the first gymnast and subsequent gymnasts ready to compete straight away
- If you are on loops and gloves, please ensure that your gymnasts put both hands in their loops. A simple nod will do to present to the judge.
- We hope to have two sets of equipment at Pommels, Vault, P.Bars and H.Bar

The London Men's Development Open – Sunday 8th September 2013

Judges Meeting: 07.45

Round 6: Club Level 1's – Groups Blue/Red Working Alternately

Registration closes	07:45
General Warm-up	08:00 – 08:10
March to First Piece of Apparatus & Competition Start	08:15
Competition Ends	12:00
Medal Ceremony	12:10

Judges Break (Red): 12:10-14:30

Round 7: Club Level 3's – Blue Only

Registration Closes	11:30
General Warm-up	12:30 - 12:40
March to First Piece of Apparatus & Competition Start	12:45
Competition Ends	14:15
Medal Ceremony	14:25

Judges Break (Blue): 14:15-14:55

Round 8: Club Level 2, 4, 5 & 6 - Groups Blue/Red Working Alternately

Registration Closes	14:00
General Warm-up	14:45 – 14:55
March to First Piece of Apparatus & Competition Start	15:00
Competition Ends	18:20
Medal Ceremony	18:30

PLEASE NOTE: It may be necessary to change groups and timings on the day. As a result please ensure your gymnasts arrive at the venue 30 minutes before the started registration time (except for Competition 1)

Latest Competition Draw and entry information

Please find attached version two of the draw. We fully expect this to change, so further versions will be available to download by visiting

<https://dev.gymdata.co.uk/Events/DownloadDocuments.aspx?eventID=317>

The revised draw will be emailed to clubs one week before the competition and no further changes will then take place until the day of competition.