



Rhythmic Technical Committee

BRITISH QUALIFICATION TESTING FOR 2014 – PRE-EVENT INFORMATION

Venue

The testing will take place at St Martin's School, Brueton Avenue, Solihull, West Midlands, B91 3EN on Sunday January 26th 2014. The school is easily accessible from Junction 5 of the M42 which itself has direct links to both the M6 and the M40 (click [here](#) for a detailed location map). The testing will take place in the Arts Centre so please use the Park Avenue entrance (if approaching from the M42, ignore the signpost which will take you left down Brueton Avenue and turn left at the next set of traffic lights instead). There is ample car parking.

Important note for parents

There is limited space in the foyer and **no** spectator viewing facilities. As such, parents are requested to drop off and pick up only. Solihull town centre – which includes a large indoor shopping mall (Touchwood) – is in close proximity to the venue, being accessible by car or on foot via Malvern Park.

Coaches

A maximum of two coaches per club will be admitted to the warm-up area. Coaches will **not** be able to accompany gymnasts during the testing itself.

Logistics

On arrival at the venue, gymnasts should make their way to the Registration Desk in the foyer to register. Gymnasts arriving at the venue before their allocated warm-up time will be held in the foyer. Each gymnast has been allocated a number which they will be reminded of at registration and which they should tell the assessor(s) at each station before testing.

All gymnasts from the same club within an age group have been placed in the same group. Where possible, gymnasts have also been placed in the same group as other gymnasts from their Zone.

Apart from the Pre-Espoirs in Group 2, all gymnasts will do Conditioning and Flexibility first followed by Ballet. Group 2 alone will do Ballet first, followed by Conditioning and Flexibility. Due to the number of Pre-Espoir gymnasts warming up at the same time, Groups 1 and 2 may use the dance studio for warm-up in addition to the designated warm-up area. All other groups must use the designated warm-up area only.

With the exception of the demi-point balances (Conditioning) and oversplits (Flexibility) which will be in the dance studio, the Conditioning and Flexibility testing will take place in the theatre. In a change from previous years, the Conditioning and Flexibility tests have been interleaved, thus building in recovery time between Conditioning tests. Gymnasts will generally undertake this part of the testing in pairs, thus building in further recovery time. On entering the theatre, gymnasts will be directed to one of the nine testing stations (see separate layout plan) and will then move round the theatre in an anti-clockwise direction.

Gymnasts may do their oversplits and demi-point balances before or after the rest of their testing. However, priority at these testing stations will always be given to gymnasts who are in the next scheduled Ballet testing group as timings here must be adhered to.

Gymnasts should leave the venue as soon as possible after completing their testing.

Results

Results will be communicated as soon as possible after the event (not on the day itself).

Timetable

	Warm-up	Conditioning & Flexibility		Ballet	
		Start	Finish	Start	Finish
Group 1a	08:45:00	09:30:00	10:15:00	10:25:00	10:45:00
Group 1b				10:45:00	11:05:00
Group 1c				11:05:00	11:25:00
Group 2a		10:15:00	11:00:00	09:30:00	09:50:00
Group 2b				09:50:00	10:10:00
Group 3a	10:15:00	11:00:00	11:45:00	11:55:00	12:15:00
Group 3b				12:15:00	12:35:00
Group 3c				12:35:00	12:55:00
Group 4a	11:00:00	11:45:00	12:30:00	12:55:00	13:15:00
Group 4b				13:15:00	13:35:00
Group 4c				13:35:00	13:55:00
BREAK					
Group 5a	12:30:00	13:15:00	14:00:00	14:15:00	14:35:00
Group 5b				14:35:00	14:55:00
Group 5c				14:55:00	15:15:00
Group 6a	13:15:00	14:00:00	14:45:00	15:15:00	15:35:00
Group 6b				15:35:00	15:55:00
Group 7a	14:00:00	14:45:00	15:30:00	15:55:00	16:15:00
Group 7b				16:15:00	16:35:00
Group 8a	14:45:00	15:30:00	16:15:00	16:35:00	16:55:00
Group 8b				16:55:00	17:15:00
Group 9a	15:30:00	16:15:00	17:00:00	17:15:00	17:35:00
Group 9b				17:35:00	17:55:00

Working groups (number of gymnasts shown in brackets)

Pre-Espoir

Group 1a (8) Billings, Nene Valley, Ribby Hall, St Helens, Trafford

Group 1b (7) City of Bath, Elena, Esprit Gymnastics, South Essex

Group 1c (7) Llanelli Academy, Hendon

Group 2a (7) A&V Rhythmic, Elite

Group 2b (7) City of Canterbury, i-Star Academy, LAGAD, London Sport Academy

Espoir

Group 3a (7) i-Star Academy

Group 3b (8) A&V Rhythmic, Elite, LAGAD

Group 3c (8) Llanelli Academy, LSA

Group 4a (7) Elena, Nene Valley, South Essex

Group 4b (8) City of Canterbury, Esprit Gymnastics, Ribby Hall, St Helens

Group 4c (8) City of Birmingham, City of Coventry, Erewash Valley, Stockport

Junior

Group 5a (7) City of Birmingham, City of Coventry, Elena, Erewash Valley

Group 5b (8) i-Star Academy, South Essex

Group 5c (8) Nene Valley, Ribby Hall, St Helens, Trafford

Group 6a (8) Elite, Hendon, LAGAD, London Sport Academy

Group 6b (8) A&V Rhythmic, Beacon, Livingston Academy, Pentland, West Lothian

Group 7a (8) City of Bath, City of Canterbury, Esprit Gymnastics

Group 7b (8) Gibraltar, Llanelli Academy

Senior

Group 8a (8) Beacon, Esprit Gymnastics

Group 8b (8) Llanelli Academy, Pentland, West Lothian

Group 9a (8) A&V Rhythmic, City of Canterbury, Elite, Hendon, HSG Swallows, LSA

Group 9b (7) City of Bath, City of Birmingham, i-Star Academy, Nene Valley, St Helens, Stockport