

The 2012 British Gymnastics Veterans Championships

This is the 25th year of this Championships and marks a special milestone.

I hope you enjoy the competition.

Keith Hughes - Competition Director

Registration from 9.00 for Competition I and from 1.00 for Competition II

Start Time I 10 30

Programme of Events

Start Time II 15 15

Aprx Time	Round	Panel 1 Women			Panel 2 Women			Panel 3 Men			Panel 4 Acro/Tumble			Panel 5 Tramp		
		Event	Grp	No	Event	Grp	No	Event	Grp	No	Event	Grp	No	Event	Grp	No
Comp I																
Recreational Women and Men O19, Tumbling, Trampoline																
General Warm up for Comp I																
09:10		March on and Opening														
10:30		March on and Opening														
10:40	1	Beam	1	5	W Vault	3	6	M Floor	7	7	Tumb	11/1	3			
11:05	2	Beam	2	6	W Vault	4	5	Pommel	7	7	Tumb	11/2	3			
11:40	3	Beam	3	6	W Vault	1	5	Rings	7	7	Tumb	12/1	2			
12:15	4	Beam	4	5	W Vault	2	6	M Vault	7	7	Tumb	12/2	2	Tramp	13/1	6
12:40	5	A Bars	1	5	W Floor	3	6	P Bars	7	7	Free			Tramp	13/2	6
13:05	6	A Bars	2	6	W Floor	4	5	Hi Bar	7	7				Tramp	14/1	6
13:30	7	A Bars	3	6	W Floor	1	5	Free						Tramp	14/2	6
13:55	8	A Bars	4	5	W Floor	2	6	Free						Free		
14:15		Presentations														
Break and General Warm up for Comp II																
Comp II																
Rec Men O30 & O40, Former Men and Women, Acro Pairs and Trios																
General Warm up for Comp II																
14:30		March on and Opening														
15:15		March on and Opening														
15:25	9	Beam	5	6	Free			Floor	8	5	Free					
15:50	10	Beam	6	5	W Vault	5	5	Pommel	8	5	WPs	9	6			
16:15	11	Free			W Vault	6	6	Rings	8	5	MxP/W3s	10	5			
16:40	12	A Bars	5	6	W Vault over run			Vault	8	5	Free					
17:05	13	A Bars	6	5	W Floor	5	5	P Bars	8	5						
17:25	14	Free			W Floor	6	6	Hi Bar	8	5						
17:45		Presentations														
18:00		Finish - approx														

There will be a 3 min warm up before each round

The event will move from round to round except vault, which will proceed at own pace

The order of performance may vary depending on withdrawals and gymnasts in other events.

The numbers in each round are as shown.

Gymnasts should attend tumbling and trampoline whenever convenient. (Inform judges) Gymnastics takes preference.

Times are approximate

There is a free round in Tumbling and trampoline to pick gymnasts who miss their slot

Floor Warm Up - Timetable

The general warm up has been split into morning and afternoon competitors

The first session is mainly for Recreational Gymnasts plus Tumbling and Trampoline

The second session is mainly for Former Gymnasts and Acrobats

Due to the possible conflict of gymnasts on the floor area, the following times have been allocated.

All other pieces are free access during the warmup.

No time has been allowed for late comers, and they must fit in where possible.

The numbers can not be fully controlled so: Please take care!

Time		Comp		No on Floor
From	To		Nos	
9.10	9.20	A	1 - 5	5
9.20	9.30	B	6 - 11	6
9.30	9.40	C	12 - 17	6
9.40	9.50	D	18 - 22	5
9.50	10.00	H	41 - 47	7
10.00	10.20		Free Warm Up	
10.20			Clear Area	
10.30	2.30	Competition I		
2.30	2.40	F/G	23 - 30	8
2.40	2.50	G/J	31 - 33/48 - 52	8
2.50	3.00	L	61 - 66	6 pair
3.00	3.10	M	67 - 71	2 pair/3 trio
3.10			Clear Area	
3.15	6.40	Competition II		