



2012 GMPD NATIONAL CHAMPIONSHIPS
The Benfield Centre, Newcastle

SUNDAY - RUNNING ORDER – Men's Artistic

09:00: General Warm Up
09:30: Apparatus Warm Up
10:50: March On

Men's Competition

		Floor	Pomms	Rings	Vault	Pbars	Hbars
11.00	Round 1	Group 1 Open Junior & Senior	Group 2 Comp A	Group 3 Comp B			
11.30	Round 2		Group 1 Open Junior & Senior	Group 2 Comp A	Group 3 Comp B		
12.00	Round 3			Group 1 Open Junior & Senior	Group 2 Comp A	Group 3 Comp B	
12.30	Round 4				Group 1 Open Junior & Senior	Group 2 Comp A	Group 3 Comp B
13.00	Round 5	Group 3 Comp B				Group 1 Open Junior & Senior	Group 2 Comp A
13.30	Round 6	Group 2 Comp A	Group 3 Comp B				Group 1 Open Junior & Senior



SUNDAY - RUNNING ORDER – Women’s Artistic

09:00: General Warm Up
09:30: Apparatus Warm Up
10:50: March On

Women’s Competition

		Vault	Beam	Abars	Floor
11.00	Round 1	Rest			
11.30	Round 2	Group 4 Open Class I and II Senior	Group 5 Open Class I and II Junior	Group 6 Comp A class I and II Junior and Senior	Group 7 Comp B Class I and II Junior & Senior
12.00	Round 3	Group 7 Comp B Class I and II Junior & Senior	Group 4 Open Class I and II Senior	Group 5 Open Class I and II Junior	Group 6 Comp A class I and II Junior and Senior
12.30	Round 4	Group 6 Comp A class I and II Junior and Senior	Group 7 Comp B Class I and II Junior & Senior	Group 4 Open Class I and II Senior	Group 5 Open Class I and II Junior
13.00	Round 5	Group 5 Open Class I and II Junior	Group 6 Comp A class I and II Junior and Senior	Group 7 Comp B Class I and II Junior & Senior	Group 4 Open Class I and II Senior
13.30	Round 6	Rest			