

SATURDAY 12th NOVEMBER

Doors open - 8.30am / General warm up - 8.40am (Floor area stretch etc... 15mins)

Group routines commence at 9.00am - 1st team and 2nd team warm up then 1st team compete and the 3rd team warms up and so on throughout all three age groups. (3mins group warm up time each team on Floor)

GROUP ROUTINES - competition order

UNDER 13 - SET VAULT COMPETITION COMMENCES AFTER U13 GROUP IN JOWETT HALL - page 3

9.00: Port Regis

9.06: St Faith's

UNDER 11

9.12: Kent College

9.18: St Alban's

9.24: Stormont

9.30: BSN

9.36: Maltman's Green

9.42: St Mary's

9.48: Port Regis

9.54: Tormead

10.00: BSB

10.06: St Faith's

10.12: Holmewood House

UNDER 10

10.18: Tormead

10.24: BSB

10.30: Maltman's Green

10.36: Holmewood House

10.42: BSN

10.48: Port Regis

10.54: Stormont

11.00: St Alban's

11:10 Judges coffee break

- Team warm up will be over at Jowett Hall, teams must be back at gymnasium 5mins before their march into the competition arena.

10.45am - General Warm-up - in warm up hall

11.15am - First rotation line up and march in

Warm up times - 3mins each school /when two of the same ages are competing at the same time first listed will warm up compete, followed by separate warm up and compete for other school.

	SET FLOOR	SET VAULT
1. (11.20)	BSN U10 St Alban's U11 Port Regis U13	Stamford U10 St Mary's U11
2. (11.50)	Stamford U10 St Mary's U11 St Faith's U13	BSN U10 St Alban's U11
3. (12.15)	Maltman's Green U10 Stormont U11 Vinehall U13	BSB U10 Kent College U11
4. (12.40)	BSB U10 Kent College U11 Holmewood House U13	Maltman's Green U10 Stormont U11
LUNCH 1.10pm (General warm up in Jowett starts 1.50pm)		
5. (2.10)	Vinehall U10 St Faith's U11	Port Regis U10 Holmewood House U11
6. (2.35)	Port Regis U10 Holmewood House U11	Vinehall U10 St Faith's U11
7. (3.00)	Tormead U10 BSN U11	Stormont U10 Stamford U11
8. (3.25)	Stormont U10 Stamford U11	Tormead U10 BSN U11
9. (3.50)	St Mary's U10 Port Regis U11	St Alban's U10 BSB U11
10. (4.15)	St Alban's U10 BSB U11	St Mary's U10 Port Regis U11
11. (4.40)	Maltman's Green U11 Tormead U11 • Separate warm ups then compete straight after U11 TEAMS ONLY!	Holmewood House U10 Vinehall U11
12. (5.10) (30mins)	Holmewood House U10 Vinehall U11	Maltman's Green U11 Tormead U11 Separate warm ups then compete straight after U11 TEAMS ONLY!

CLOSE FOR DAY - 5.50pm

SUNDAY 13th NOVEMBER

Doors open - 8.00am

8.20 a.m. - General Warm-up

8.35 a.m. - First rotation line up and march in.

- Team warm up will be over at Jowett Hall, teams must be back at gymnasium 5mins before their march into the competition arena.

	VOLUNTARY FLOOR	VOLUNTARY VAULT
1. (8.40)	Vinehall U10 Tormead U11	St Alban's U10 St Faith's U11
2. (9.10)	St Alban's U10 St Faith's U11	Vinehall U10 Tormead U11
3. (9.40)	Holmewood House U10 BSN U11	St Mary's U10 Maltman's Green U11
4. (10.10)	St Mary's U10 Maltman's Green U11	Holmewood House U10 BSN U11
5. (10.40)	Tormead U10 Vinehall U11	Stormont U10 Port Regis U11
6. (11.10)	Stormont U10 Port Regis U11	Tormead U10 Vinehall U11
7. (11.40)	Stamford U10 Holmewood House U11	BSB U10 St Alban's U11
8. (12.10)	BSB U10 St Alban's U11	Stamford U10 Holmewood House U11

LUNCH 12.50pm (General warm up in Jowett starts 1.30pm)

9. (2.00)	Maltman's Green U10 Stormont U11	Port Regis U10 BSB U11
10. (2.50)	Port Regis U10 BSB U11	Maltman's Green U10 Stormont U11
11. (3.20)	BSN U10 St Mary's U11 Holmewood House U13 SEPARATE U13 WARM UP / COMPETE	Stamford U11 St Faith's U13
12. (3.55)	Stamford U11 St Faith's U13	BSN U10 St Mary's U11 Holmewood House U13
13. (4.20)	Kent College U11 Port Regis U13	Vinehall U13
14. (4.45)	Vinehall U13	Kent College U11 Port Regis U13

5.10pm- Closing ceremony display by Port Regis Gymnastics Club individuals (whilst scores being checked)

5.20pm - Presentations

5.50pm - Close of competition

UNDER 13 - SET VAULT COMPETITION

JUDGES - Verity Trevor-Morgan & Sophie Witcher

9.15am - General stretching for first teams

Mini Rounds - Jowett Hall

- 1 - 9.30 - Vinehall warm up 3mins, followed by compete**
- 2 - 9.50 - Port Regis warm up 3mins, followed by compete**
- 3 - 10.15 - St Faith's warm up 3mins, followed by compete**
- 4 - 10.40 - Holmewood House warm up 3mins, followed by compete**

- **U13 Teams are only competing their Set Vault in Jowett Hall to help with the judges and timings of the day.**
- **Please note the rotation times your team is competing set floor.**

**Many thanks
Coral**