SINGAPORE GYMNASTICS NATIONAL CHAMPIONSHIPS

4TH & 11TH SEPTEMBER 2011

SCHEDULE OVERVIEW

Please refer to the Technical Information for the relevant discipline for detailed timings of rotations

3rd SEP 2011 (SATURDAY)

TIME (H)	EVENT
1200 - 1900	OPEN TRAINING – RG (LEVELS & STAGES & INT. JNR)

4TH SEP 2011 (SUNDAY)

TIME (H)	EVENT
0800	WARM-UP
0900 – 1300	COMPETITION – RG (LEVEL 1 – 5)
1330	WARM-UP
1430 – 1830	COMPETITION – RG (STAGE 2, STAGE 3 & INT. JNR)

SCHEDULE OVERVIEW - ARTISTIC GYMNASTICS

10TH SEP 2011 (SATURDAY)

	EVENT
1200 - 1800	OPEN TRAINING – AG (LEVELS & STAGES & FIG)

11TH SEP 2011 (SUNDAY)

TIME (H)	EVENT
0900 - 1900	COMPETITION (AG)

*All **results** will be published online on our website: www.singaporegymnastics.org.sg on the day itself.*

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SINGAPORE GYMNASTICS NATIONAL CHAMPIONSHIPS

4TH & 11TH SEPTEMBER 2011

ARTISTIC GYMNASTICS (MAG/WAG) TECHNICAL INFORMATION

NATIONAL LEVELS & STAGES & FIG

10th SEPT 2011 2PM | ORIENTATION MEETING

- Important Competition Information
- Distribution of Competition Pack
- Please send at least one representative

10th SEPT 2011 | OPEN TRAINING

-Only for participants in categories level 2 and above
-Open Training rotation to be distributed at Orientation Meeting

MEN'S ARTISTIC

MAG (LV 2 & above)	1200 – 1400H

WOMEN'S ARTISTIC

Warm-up: 30mins Rot 1: Level 2 (RGA) Rot 2: Level 2 (Win-Win + Bazgym + Prime) Rot 3: Stage 2 (IJ.TP + NYP + SNG.P + MGS.P) Rot 4: Stage 2, Level 3 & 4 (Prime + RGA)	1330 – 1600H
Warm-up: 30mins Rot 1: Int. Snr (All) Rot 2: Int. Jnr (All) Rot 3: Stage 3 (RGA) Rot 4: Stage 3 & 4 (All others)	1530 – 1800H

11th Sept 2011 | JUDGES / COACHES MEETING

A coaches' meeting will take place 15mins prior to the start of each session on competition day.

Judges are to report at the competition venue no later than half an hour prior to the start of competition

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SINGAPORE GYMNASTICS NATIONAL CHAMPIONSHIPS

4TH & 11TH SEPTEMBER 2011

ARTISTIC GYMNASTICS (WAG / MAG)

11TH SEPT 2011 | COMPETITION

SESSION 1 | START 0900H – WAG (KINDER & LEVEL 1)

Rotation	Time (H)				
	0820-0850	GENERAL WARM UP			
	0850-0900	LINE UP & MARCH IN			
1	0900-0930	Level 1 (Mix gp 1) (9)	Level 1 (Mix gp 2) (9)	Kinder (Bazgym) (6)	Kinder (RGA) (7)
2	0930-1000	Kinder (RGA) (7)	Level 1 (Mix gp 1) (9)	Level 1 (Mix gp 2) (9)	Kinder (Bazgym) (6)
3	1000-1030	Kinder (Bazgym) (6)	Kinder (RGA) (7)	Level 1 (Mix gp 1) (9)	Level 1 (Mix gp 2) (9)
4	1030-1100	Level 1 (Mix gp 2) (9)	Kinder (Bazgym) (6)	Kinder (RGA) (7)	Level 1 (Mix gp 1) (9)
	1400	**AWARD CEREMONY**			

Mix Gp 1(Level 1): Bib no L108-116
Mix Gp 2 (Level 1): Bib no L101-107, L117-118

SESSION 2 | START 1130H – WAG (LEVEL 2-4 & STAGE 2)

Rotation	Time (H)				
	1050-1120	GENERAL WARM UP			
	1120-1130	LINE UP & MARCH IN			
1	1130-1200	Mix Gp 4 (5)	Mix Gp 5 (7)	Level 2 (RGA) (7)	Level 2 (Mix Gp 3) (9)
2	1200-1230	Level 2 (Mix Gp 3) (9)	Mix Gp 4 (5)	Mix Gp 5 (7)	Level 2 (RGA) (7)
3	1230-1300	Level 2 (RGA) (7)	Level 2 (Mix Gp 3) (9)	Mix Gp 4 (5)	Mix Gp 5 (7)
4	1300-1330	Mix Gp 5 (7)	Level 2 (RGA) (7)	Level 2 (Mix Gp 3) (9)	Mix Gp 4 (5)
	1400	**AWARD CEREMONY**			

Mix Gp 3: Level 2 (Win-Win + Bazgym + Prime)
Mix Gp 4: Stage 2 (RGA), Level 3 & 4 (Prime)
Mix Gp 5: Stage 2 (IJ.TP + NYP + SNG.P + MGS.P)

SESSION 3 | START 1400H – MAG (LEVEL 1, LEVEL 3, STAGE 3 & STAGE 4)

Rotation	Time (H)						
	1330-1400	GENERAL WARM UP					
	1400	LINE UP & MARCH IN					
1	1400-1420	L3, S3 & S4	Level 1	-	-	-	-
2	1420-1440	-	L3, S3 & S4	Level 1	-	-	-
3	1440-1500	-	-	L3, S3 & S4	Level 1	-	-
4	1500-1520	-	-	-	L3, S3 & S4	Level 1	-
5	1520-1540	-	-	-	-	L3, S3 & S4	Level 1
6	1540-1600	Level 1	-	-	-	-	L3, S3 & S4
	1630	**AWARD CEREMONY**					

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SESSION 4 | START 1700H – WAG (STAGE 3, STAGE 4, FIG INT. JNR & SNR)

Rotation	**Time**				
	1500-1530	GENERAL WARM UP			
Warm-up 1	1530-1545	Stage 3 & 4 (7)	Int. Snr (6)	Int. Jnr (6)	Stage 3 (6)
Warm-up 2	1545-1600	Stage 3 (6)	Stage 3 & 4 (7)	Int. Snr (6)	Int. Jnr (6)
Warm-up 3	1600-1615	Int. Jnr (6)	Stage 3 (6)	Stage 3 & 4 (7)	Int. Snr (6)
Warm-up 4	1615-1630	Int. Snr (6)	Int. Jnr (6)	Stage 3 (6)	Stage 3 & 4 (7)
	1630-1640	LINE UP & MARCH IN			
1	1640-1710	Int. Snr (6)	Int. Jnr (6)	Stage 3 (6)	Stage 3 & 4 (7)
2	1710-1740	Stage 3 & 4 (7)	Int. Snr (6)	Int. Jnr (6)	Stage 3 (6)
3	1740-1810	Stage 3 (6)	Stage 3 & 4 (7)	Int. Snr (6)	Int. Jnr (6)
4	1810-1840	Int. Jnr (6)	Stage 3 (6)	Stage 3 & 4 (7)	Int. Snr (6)
	1900	**AWARD CEREMONY**			

Gp 1: Int. Snr (All)

Gp 2: Int. Jnr (All)

Gp 3: Stage 3 (RGA)

Gp 4: Stage 3 & 4 (All others)

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SINGAPORE GYMNASTICS NATIONAL CHAMPIONSHIPS

4TH & 11TH SEPTEMBER 2011

Women's Artistic Participant List

BIB No.	Participant Name	Club/ Federation	Category
K01	HUANG Yuna	Bazgym Gymnastics School	Kinder
K02	JIOW Hune Yen Gabriella	Bazgym Gymnastics School	Kinder
K03	SOONG Jie-En Natalie	Bazgym Gymnastics School	Kinder
K04	SEW Rebekah	Bazgym Gymnastics School	Kinder
K05	ANG Jia Er Sophia	Bazgym Gymnastics School	Kinder
K06	HUAN Rui En Alexia	Bazgym Gymnastics School	Kinder
K07	Rachel Tan	Raffles Gymnastics Academy	Kinder
K09	COOPER-KUOK Dominique Ru-En	Raffles Gymnastics Academy	Kinder
K10	Kristen Goh	Raffles Gymnastics Academy	Kinder
K11	Kaitlyn Lim	Raffles Gymnastics Academy	Kinder
K12	Victoria Fox	Raffles Gymnastics Academy	Kinder
L101	LEONG Wan Yu Siobhan	Bazgym Gymnastics School	Level 1
L102	PHUA Lele Skye	Bazgym Gymnastics School	Level 1
L103	CHOY Isabelle Jody	Bazgym Gymnastics School	Level 1
L104	WONG Mei Lin Jessica	Bazgym Gymnastics School	Level 1
L105	TOE Ching-Yi Charlene	Bazgym Gymnastics School	Level 1
L106	WONG Rui Min Krysten	Bazgym Gymnastics School	Level 1
L107	TAN Yih Ling, Jenevieve	Bazgym Gymnastics School	Level 1
L108	CHUA Hwee Shan Valerie	Bazgym Gymnastics School	Level 1
L109	TAN Selicia	Bazgym Gymnastics School	Level 1
L110	ANG Jia Shuen Sandra	Bazgym Gymnastics School	Level 1
L111	Dai Tien KAN	Prime Gymnastics Club	Level 1
L112	Li-Nette SOONG	Prime Gymnastics Club	Level 1
L113	Kayleen TAN	Prime Gymnastics Club	Level 1
L114	Sarah LAYCOCK	Prime Gymnastics Club	Level 1
L115	Ilana WAN	Prime Gymnastics Club	Level 1
L116	Jewel YAP	Prime Gymnastics Club	Level 1
L117	Jacobina Koh	Raffles Gymnastics Academy	Level 1
L118	NG Jin Wen	Win Win Gymnastics	Level 1
L201	CHAI Anna-Bel	Bazgym Gymnastics School	Level 2
L202	CHOW Hui Ming	Bazgym Gymnastics School	Level 2
L203	TOH Sing Yee	Bazgym Gymnastics School	Level 2
L204	NG Hui Ru	Bazgym Gymnastics School	Level 2
L205	Charlotte Loretta LIM	Prime Gymnastics Club	Level 2
L206	Charleen Leonita LIM	Prime Gymnastics Club	Level 2
L207	Zara E Shilakis	Raffles Gymnastics Academy	Level 2
L208	Charmaime Chua	Raffles Gymnastics Academy	Level 2
L209	Charlene Chua	Raffles Gymnastics Academy	Level 2
L210	Shayne Tan	Raffles Gymnastics Academy	Level 2
L211	Tamara Anika Ong	Raffles Gymnastics Academy	Level 2
L212	Rina Koh	Raffles Gymnastics Academy	Level 2
L213	Cham Jay Yin	Raffles Gymnastics Academy	Level 2
L214	Lim Xin Yi Christal	Win Win Gymnastics	Level 2
L215	Mandu Koh You Min	Win Win Gymnastics	Level 2
L216	Chan Jia Min	Win Win Gymnastics	Level 2
L301	Athena TAM	Prime Gymnastics Club	Level 3
L302	Jaedyn MAY	Prime Gymnastics Club	Level 3
L401	CHAN Lin Si	Prime Gymnastics Club	Level 4
S201	Caitlin Chong Hui Ning	CHIJ Pri (TP)	Stage 2
S202	Stefanie SEW	CHIJ SNGS	Stage 2
S203	Lim Liang Ying	CHIJ SNGS	Stage 2

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BIB No.	Participant Name	Club/ Federation	Category
S204	Lynette Lam Yin	Methodist Girls' Primary School	Stage 2
S205	Arielle Lynn Huang	Methodist Girls' Primary School	Stage 2
S206	Hazel Zoe Yeo Hui Li	Nanyang Primary	Stage 2
S207	Fong Tze Yee	Nanyang Primary	Stage 2
S208	Glenda Low	Raffles Gymnastics Academy	Stage 2
S209	Ai'Sha Verhulst	Raffles Gymnastics Academy	Stage 2
S301	Luretta Seah Shao Ping	CHIJ Pri (TP)	Stage 3
S302	Celeste Tong	CHIJ SNGS	Stage 3
S303	TANG Wen Jia Byoray	Nanyang Primary	Stage 3
S304	Prudence Chan	Nanyang Primary	Stage 3
S305	Colette CHAN	Prime Gymnastics Club	Stage 3
S306	Kiera Lau Yan-Yu	Raffles Gymnastics Academy	Stage 3
S307	Louisa Chew	Raffles Gymnastics Academy	Stage 3
S308	Mei Togawa	Raffles Gymnastics Academy	Stage 3
S309	Chloe Yeo	Raffles Gymnastics Academy	Stage 3
S401	Bali-Sky LaGrua	Prime Gymnastics Club	Stage 4
S402	Nadine Joy Nathan	Singapore Chinese Girls' School	Stage 4
IJ01	Zeng Qiyan	Nanyang Girls' High School	Int. Jnr
IJ02	Jo-ann LI	Prime Gymnastics Club	Int. Jnr
IJ03	Caitlyn Joy LOO	Prime Gymnastics Club	Int. Jnr
IJ04	Nicolette Lim Shu Min	Singapore Chinese Girls' School	Int. Jnr
IJ06	Charmaine Yeo	Raffles Gymnastics Academy	Int. Jnr
IJ07	Ashley Lau Wei-Ning	Raffles Gymnastics Academy	Int. Jnr
IJ05	Lim Heem Wei	SAGA	Int. Snr
IJ08	Nur Atikah Nabilah	Gim Sports	Int. Snr
IJ09	Foo En Ning	Nanyang Girls' High School	Int. Snr
IJ10	Joey Tam Jing Ying	Raffles Institution	Int. Snr
IJ11	Krystal Khoo	Raffles Institution (JC)	Int. Snr
IJ12	Rachel Giam Pei Shi	Singapore Chinese Girls' School	Int. Snr

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Men's Artistic Participant List

BIB No.	Participant Name	Club/ Federation	Category
L101	PANG Yew Yi Jordon	Bazgym Gymnastics School	Level 1
L102	LOW Eugene	Bazgym Gymnastics School	Level 1
L103	AU EONG Tyen Haan	Bazgym Gymnastics School	Level 1
L104	TAY Samuel	Bazgym Gymnastics School	Level 1
L105	CHUAH Jiyou	Bazgym Gymnastics School	Level 1
L106	LOW Gin Kai Colin	Bazgym Gymnastics School	Level 1
L301	Liew Jun Yi Zac	Nanyang Primary	Level 3
S301	Han Guang	St Joseph's Institution	Stage 3
S302	Loh Zhi Kai Ethan	Ai Tong School	Stage 3
S401	Tan Jia Ern Josiah	Hwa Chong Institution	Stage 4
S402	Yeo Xong Sean	Whitley Secondary School	Stage 4
S403	Lincoln Forest Liqhtman	Ai Tong School	Stage 4

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