A castle with a flag on top of it with Cardiff Castle in the background

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**WELSH OPEN MAG/WAG CHAMPIONSHIPS**

**2024**

CARDIFF

15th- 18th February



**Venue**

Welcome to the Welsh Open Artistic Championships 2024. As last year we are extremely lucky to be welcoming gymnasts, coaches and officials from all over the UK to the National Sports Institute of Wales. This year’s Welsh Championships has been chosen as a designated selection event for the Europeans in certain age groups and disciplines, which is a really exciting prospect for Welsh Gymnastics.

Venue details: [Sport Wales | Sport Wales](https://www.sport.wales/)

Google maps link: <https://maps.app.goo.gl/5koaDTyh1k8buzva7>

Parking at the venue is free of charge, there is no other event taking place at the venue, but please be mindful free spaces are limited, but there is a pay and display option to the right of the Centre, on the first roundabout.

There is space for disability parking and electric charging points in front of the building.

The venue has a comprehensive offer in terms of catering and refreshments. A coffee shop type café can be found in the reception area and a full restaurant on the second floor, with an initative to stock only locally sourced produce and prices all very reasonable.

The venue is fully inclusive with accessible toilets throughtout and changing rooms for gymnasts to use.

**Competition Information**

Thursday PM – WAG Aspire

Friday AM & PM – WAG Juniors

Saturday AM & PM – WAG Seniors

Sunday – MAG all ages

**Thursday**

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| **Thursday 15th February** | **Aspire** |
| Registration | 17:30 |
| General warm up | 17:45-18:00 |
| Apparatus warm up | 18:00 - 18:48 |
| March in | 18:50am |
| Compete | 18:55 |
| Presentation | 20:30 |

12mins per apparatus warm up

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| Thursday 15th February | | **VT** | **BRS** | **BM** | **FX** |
| **Rot 1** | 18:55 - 19:14 | Grp 1 | Grp 2 | Grp 3 | Grp 4 |
| **Rot 2** | 19:14 - 19:36 | Grp 4 | Grp 1 | Grp 2 | Grp 3 |
| **Rot 3** | 19:36 - 19:57 | Grp 3 | Grp 4 | Grp 1 | Grp 2 |
| **Rot 4** | 19:57 - 20:19 | Grp 2 | Grp 3 | Grp 4 | Grp 1 |

**PRESENTATION – 20:30**

**Friday**

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| **Friday 16th February - Round 1** | |
| Registration | 10am |
| General warm up | 10:30 - 10:45am |
| Apparatus warm up | 10:45am - 11:55am |
| March In | Noon |
| Compete | 12:05 |
| Comp ends | 14:08 |

14mins per apparatus warm up

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| Friday 16th February | | **VT** | **BRS** | **BM** | **FX** | **REST** |
| **Rot 1** | 12:05 - 12:30 | Grp 1 | Grp 2 | Grp 3 | Grp 4 | Grp 5 |
| **Rot 2** | 12:30 - 12:55 | Grp 5 | Grp 1 | Grp 2 | Grp 3 | Grp 4 |
| **Rot 3** | 12:55 - 13:20 | Grp 4 | Grp 5 | Grp 1 | Grp 2 | Grp 3 |
| **Rot 4** | 13:20 - 13:45 | Grp 3 | Grp 4 | Grp 5 | Grp 1 | Grp 2 |
| **Rot 5** | 13:45 - 14:10 | Grp 2 | Grp 3 | Grp 4 | Grp 5 | Grp 1 |

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| **Friday 16th February - Round 2** | |
| Registration | 13:30 |
| General warm up | 14:00 - 14:15 |
| Apparatus warm up | 14:15 - 15:25 |
| March In | 15:30 |
| Compete | 15:35 |
| Comp ends | 17:40 |

General warm up – Lower hall

14mins per apparatus warm up

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| Friday 16th February | | **VT** | **BRS** | **BM** | **FX** | **REST** |
| **Rot 1** | 15:35 - 16:00 | Grp 6 | Grp 7 | Grp 8 | Grp 9 | Grp 10 |
| **Rot 2** | 16:00 - 16:25 | Grp 10 | Grp 6 | Grp 7 | Grp 8 | Grp 9 |
| **Rot 3** | 16:25 - 16:50 | Grp 9 | Grp 10 | Grp 6 | Grp 7 | Grp 8 |
| **Rot 4** | 16:50 - 17:15 | Grp 8 | Grp 9 | Grp 10 | Grp 6 | Grp 7 |
| **Rot 5** | 17:15 - 17:40 | Grp 7 | Grp 8 | Grp 9 | Grp 10 | Grp 6 |

**PRESENTATION – 17:45**

**Saturday**

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| **Saturday 17th February - Round 1** | |
| Registration | 08:45 |
| General warm up | 9:00 - 9:15 |
| Apparatus warm up | 09:15 - 9:30 |
| March In | 10:05 |
| Compete | 10:10 |
| Comp ends | 11:34 |

12mins per appartus warm up

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| Saturday 17th February | | **VT** | **BRS** | **BM** | **FX** |
| **Rot 1** | 10:10 - 10:31 | Grp 11 | Grp 12 | Grp 13 | Grp 14 |
| **Rot 2** | 10:31 - 10:52 | Grp 14 | Grp 11 | Grp 12 | Grp 13 |
| **Rot 3** | 10:52 - 11:13 | Grp 13 | Grp 14 | Grp 11 | Grp 12 |
| **Rot 4** | 11:13 - 11:34 | Grp 12 | Grp 13 | Grp 14 | Grp 11 |

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| **Saturday 17th February - Round 2** | |
| Registration | 10:30 |
| General warm up | 11:25 - 11:40 |
| Apparatus warm up | 11:40 - 12:28 |
| March In | 12:30 |
| Compete | 12:35 |
| Comp ends | 13:59 |

General warm up – Lower hall

12mins per appartus warm up

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| Saturday 17th February | | **VT** | **BRS** | **BM** | **FX** |
| **Rot 1** | 12:35 - 12:56 | Grp 15 | Grp 16 | Grp 17 | Grp 18 |
| **Rot 2** | 12:56 - 13:17 | Grp 18 | Grp 15 | Grp 16 | Grp 17 |
| **Rot 3** | 13:17 - 13:38 | Grp 17 | Grp 18 | Grp 15 | Grp 16 |
| **Rot 4** | 13:38 - 13:59 | Grp 16 | Grp 17 | Grp 18 | Grp 15 |

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| **Saturday 17th February - Round 3** | |
| Registration | 13:30 |
| General warm up | 14:00 - 14:15 |
| Apparatus warm up | 14:15 - 15:03 |
| March In | 15:05 |
| Compete | 15:10 |
| Comp ends | 16:34 |

General warm up – Lower hall

12 mins per apparatus warm up

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| Saturday 17th February | | **VT** | **BRS** | **BM** | **FX** |
| **Rot 1** | 15:10 - 15:31 | Grp 19 | Grp 20 | Grp 21 | Grp 22 |
| **Rot 2** | 15:31 - 15:52 | Grp 22 | Grp 19 | Grp 20 | Grp 21 |
| **Rot 3** | 15:52 - 16:13 | Grp 21 | Grp 22 | Grp 19 | Grp 20 |
| **Rot 4** | 16:13 - 16:34 | Grp 20 | Grp 21 | Grp 22 | Grp 19 |

**Sunday**

**MAG ALL AGES**

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| **Session 1 – WELSH GYMNASTS ONLY** | **u10's** | | 17 gymnasts |
| **Reg** |  | 7:30am | |
| **Gen warm up** |  | 7:40am - 7:55am | |
| **March in and present** |  | 8am | |
| **March to apps** |  |  |  |
| **Rotation 1** |  | 8:05am | 8:26am |
| **Rotation 2** |  | 8:26am | 8:47am |
| **Rotation 3** |  | 8:47am | 9:08am |
| **Rotation 4** |  | 9:08am | 9:29am |
| **Rotation 5** |  | 9:29am | 9:50am |
| **Rotation 6** |  | 9:50am | 10:11am |
|  |  |  |  |
| **total session time** |  | 8:05am | 10:11am |
| **Presentation** |  | 10:15am | 10:45am |
|  |  |  |  |
| **Session 2** | **u12/14/16** | | 47 gymnasts |
| **Reg** |  | 10:30am | |
| **Gen warm up - lower hall** |  | 10:35am | 10:50am |
| **App warm up** | 1 hour | 10:50am | 11:50am |
| **March in and present** |  | 11:55am | |
| **Rotation 1** |  | 11:55am | 12:25pm |
| **Rotation 2** |  | 12:25pm | 12:55pm |
| **Rotation 3** |  | 12:55pm | 1:25pm |
| **Rotation 4** |  | 1:25pm | 1:55pm |
| **Rotation 5** |  | 1:55pm | 2:25pm |
| **Rotation 6** |  | 2:25pm | 2:55pm |
| **Presentation after final session** | | | |
|  |  |  |  |
| **Session 3** | **u18/SNRS** | | 41 gymnasts |
| **Reg** |  | 2:30pm |  |
| **Gen warm up - lower hall** |  | 2:45pm | 3pm |
| **App warm up** |  | 3pm | 4pm |
| **March in and present** |  | 4:05pm |  |
| **Rotation 1** |  | 4:10pm | 4:35pm |
| **Rotation 2** |  | 4:35pm | 5pm |
| **Rotation 3** |  | 5pm | 5:25pm |
| **Rotation 4** |  | 5:25pm | 5:50pm |
| **Rotation 5** |  | 5:50pm | 6:15pm |
| **Rotation 6** |  | 6:15pm | 6:40pm |
|  |  |  |  |
| **dance display, (Swansea Acrotricks - 8mins)** |  | 6:45pm | 6:55pm |
| **Presentation** |  | 6:55pm | 7:30pm |
| **comp over** | | | |

**Tickets**

Tickets can be purchased through Eventbrite. Link for tickets: <https://www.eventbrite.co.uk/e/welsh-open-wagmag-championships-2024-tickets-803153372357> . Ticket information is included in the email, for coaches to share with parents, these details will be uploaded to Welsh Gynatsics social media on Monday at noon.

Tickets will be limited and once tickets are sold out no further tickets will be issued. We are in the final stages of exploring live streaming this will be shared closer to the date for those that cant make the journey to Cardiff.

**Officals list**

Competition Organisers: Welsh Gymnastics

Head Judge: WAG Sarah Twose

MAG Paul Edwards

Superior Jury: WAG Maria McCloughlin

MAG Andrew Webb

BG TC representative: WAG Catherine Leahbridge

MAG James May

Welfare/Safeguarding: Maria Gaynor

Physio: Physio Support

Floor managers: Various through out the Event

**Presentation**

(changed slightly to the previously published information)

A Welsh medal and trophies will be presented to all gymnasts in the open/closed (different trophy for each) categories who finish in 1st position overall. For those in 2nd and 3rd positions overall medals only will be presented.

Apparatus medals will be presented to gymnasts finishing in 1st positions only in both the open and the closed competition.

We hope you have a great competition and safe travels.