



Welsh Gymnastics
Gymnasteg Cymru

RHYTHMIC WELSH CHAMPIONSHIPS

2024

Sport Wales National Centre

CARDIFF

CF11 9SW

Doors Open at 8am

Welcome to Welsh Rhythmic Open Championships and Future Hopes 2024

Venue details:

Sport Wales National Centre

Cardiff CF11 9SW

Parking at the venue is free of charge. The venue is situated on an industrial estate please be mindful when making your way to the venue from your car.

Note from the Venue:

Can all spectators please refrain from queueing in the reception, it can be off-putting for customers to have to walk through large crowds.

On behalf of Welsh Gymnastics:

We would like to thank all the gymnasts, volunteers, coaches, judges, and everyone involved in the event today. Without you, it would not have been possible.



Welsh Gymnastics
Gymnasteg Cymru



Welsh Gymnastics
Gymnasteg Cymru

ASDA



HAVE YOU
REGISTERED
YET?

Gymnastics
Rewards

Turtle Bay
Caribbean Social

MYPROTEIN

CHOPSTIX
NOODLE BAR

**Register NOW to get even more
for less on your favourite
brands!**

Visit www.gymnasticsrewards.co.uk to
register now using your Membership
Number and Scheme ID 1902

Brands are correct at the time of communication and are subject to change without notice

Photography Regulations

In order to protect the welfare of children at the event, photography at this event is permitted only on conditions set by Welsh Gymnastics and British Gymnastics.

This is a summary of those conditions. A copy of the full text can be obtained from the Competition Organiser or from the British Gymnastics website www.british-gymnastics.org If you do not agree to these conditions you may not bring any photo equipment into the venue or take any photos. 'Photos' includes any form of video or still image including those taken with mobile phones.

1. The Competition Organiser (or a person acting on his or her authority) may require anyone at the event:
 - a. Not to take photos either generally or in particular circumstances.
 - b. To provide their full name and address and evidence of this
 - c. To let the Competition Organiser, view any images recorded and to delete any images.
 - d. To surrender media or equipment on which the images have been recorded if they cannot be viewed (e.g. photos on traditional film), or if they cannot be deleted.
3. Photos may only be taken and used in accordance with the British Gymnastics Child Protection Policy.
 4. Photos may not be used, distributed or copied for commercial purposes.
 5. Flash may not be used at any time while gymnasts are warming up or competing.

*Taken from Appendix 2 British Gymnastics Conditions for Audience Photography at Gymnastic Events Short Form – BG Photography Regulations.

Competition Officials

<i>Head Judge - Nia Evans</i>
<i>Floor Manager – Saturday Maria Gaynor</i>
<i>Safeguarding and Welfare – Saturday Maria Gaynor</i>
<i>Floor Manager (FM)– Sunday Eirian Thomas</i>
<i>Physio – Physio Support</i>
<i>Compare: Jon Hewlett</i>
<i>Score system; Alexei Antipin</i>
Volunteers
Supplied by Llanelli RGC

Safeguarding:

Welfare for this competition Maria Gaynor, if you have any concerns during the competition then feel free to approach Maria, if you have any further concerns you could email: safeguarding@welshgymnastics.org

COMPETITION OVERALL TIMINGS

Friday

16:30 Podium Training

19:00 Podium Training close

Saturday

08:00 Registration & Warm-Up Session A: Novice Level 1

08:25 Registration & Warm-Up Session B: Novice Level 2 U10 & U12

08:30 Doors Open

09:00 Open Carpet: Olivia & Birmingham Session A: Novice Level 1

09:05 Open Carpet: Llanelli & Planet Session A: Novice Level 1

09:10 Competition Session A: Novice Level 1

09:30 Registration & Warm-Up Session C: Novice Level 2 Junior & Senior, Novice Level 3 Senior

09:55 Break

09:57 Orientation Session B: Novice Level 2 U10 & U12

10:05 Competition Session B: Novice Level 2 U10 & U12

11:00 Break

11:08 Orientation Session C: Novice Level 2 Junior & Senior, Novice Level 3 Senior

11:15 Registration & Warm-Up Session D: Elite Junior, Intermediate & Elite Senior

11:20 Competition Session C: Novice Level 2 Junior & Senior, Novice Level 3 Senior

12:37 Lunch

13:05 Orientation Session D: Elite Junior, Intermediate & Elite Senior Hoop & Ball

13:17 Presentation Sessions A, B & C

13:40 Competition Session D: Elite Junior, Intermediate & Elite Senior Hoop & Ball

14:50 Orientation Session D: Elite Junior, Intermediate & Elite Senior Clubs & Ribbon

15:00 Break

15:03 Competition Session D: Elite Junior, Intermediate & Elite Senior Clubs & Ribbon

16:03 Presentation Session D

16:30 Podium Training Masters Finals competitors

18:30 Close

Sunday

08:00 Registration & Warm-Up Session E: Future Hopes

08:15 Registration & Warm-Up Session F: Novice Level 3 U12 & Junior

08:30 Doors Open

09:00 Open Carpet: Future Hopes Session E: Future Hopes

09:10 Competition Session E: Future Hopes

09:40 Registration & Warm-Up Session G: Intermediate & Elite U10

09:47 Break

09:52 Orientation Session F: Novice Level 3 U12 & Junior

10:02 Competition Session F: Novice Level 3 U12 & Junior

11:45 Registration & Warm-Up Session H: Intermediate & Elite U12 & U13

11:02 Break

11:14 Orientation Session G: Intermediate & Elite U10

11:22 Competition Session G: Intermediate & Elite U10

12:12 Break

12:18 Orientation Session H: Intermediate & Elite U12 & U13

12:28 Competition Session H: Intermediate & Elite U12 & U13

12:30 Registration & Warm-Up Masters Finals Competitors

13:38 Lunch

14:15 Competition Masters Finals: Hoop

14:35 Competition Masters Finals: Ball

14:55 Competition Masters Finals: Clubs

15:15 Competition Masters Finals: Ribbon

15:40 Presentation Sessions E, F & G; Masters Finals

16:00 Close



For those who are travelling to the competition – have a safe journey and we look forward to an exciting and enjoyable competition.



Welsh Gymnastics
Gymnasteg Cymru

SPOTLIGHT

COLLECTION



SHOP NOW

SPOTLIGHT
COLLECTION

SCAN ME



QUATROGYMNASTICS.COM