



1 June 2015

Circular -10-2015-MAG

TO: All Regions
All Coaches/Clubs/Judges

SA National Championships 2015
Western Cape Sports School , Nooiensfontein Road , Kuilsriver

Competition format:

- General warm up: 15 minutes
- Apparatus warm: Warm up compete format as per competition schedule
(Chair of each apparatus must manage their apparatus)
- Competition: Rotate as per schedule below – to suit venue and number of judges panels (grouping will be distributed after entries close)
- Prize giving: Apparatus medals – 1st; 2nd and 3rd (no matter the number of entries)
 - Senior Olympic must perform two different vaults on both days to qualify for apparatus medal (The 1st vault counts towards the All-Around score)
 - Senior Olympic will have apparatus final competition on the 2nd day (limited to the top 8 gymnasts)
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- All-Around medals – 1st; 2nd and 3rd
 - Level 8 & Class HP must have competed 6 apparatus

Thursday 4 June 2015

15:30 to 17:30 – MAG HP technical assembly

17:30 to 20:30 – MAG Free Practice

MEMBERS: **Chadwick , Allan** - Program manager & Administration (allan@chadwick.co.za)
Edwards, Melvin – School's & Development (head@imagnet.co.za)
Morris, Tyrone – Athlete's Representative (tyrone1511@yahoo.com)
Scholtz , Derick – Technical (derickscholtz@lantic.net)
Winde , Sonja – Judging (admin@judging.co.za)

Friday 5 June 2015

08:15 to 08:45 MAG Judges meeting (2 panels + secretaries)

Session 1 Class HP 3 , 4 & 5 (2 groups A = 6 & B = 4)

08:30 – Grouping & general warm-up

08:45 – Warm up compete format – Competition – 30' rotations x 6

11:45 – End – Prize giving AA

12:00 to 12:30 MAG Judge's lunch (2 panels + secretaries)

Session 2 Level 8 and DSIGO (2 groups C = 6 & D = 5)

12:15 – Grouping & general warm-up

12:30 – Warm up compete format – Competition – 30' rotations x 6

14:45 – End - Prize giving AA and apparatus for L 8 & Zone 6 selection

14:45 to 15:15 MAG Judge's tea and judge's meeting (1 panel + secretaries)

Session 3 Senior Olympic (1 group E = 8)

14:45– Grouping & general warm-up

15:15– Warm up compete format – Competition – 30' rotations x 6

18:30 – Opening ceremony

19:15– Prize giving: AA – Awarding of National Champion trophy

AA – Awarding of AA awards

19:30 – Autograph and photo session with top gymnasts

20:00 - Venue closes

Saturday 6 June 2015

08:15 to 08:45 MAG Judges meeting (2 panels + secretaries)

Session 4 Class HP 3 , 4 & 5 (2 groups of 5-7 gymnasts)

08:30 – Grouping & general warm-up

08:45 – Warm up compete format – Competition – 30' rotations x 6

11:15 – Apparatus awards for Class HP 3 , 4 & 5

12:00 to 12:45 MAG Judge's lunch (2 panels + secretaries)

Session 5 Level 8 and DSIGO (2 groups of max 8 gymnasts- 1 per age group for apparatus finals – DISGO gymnasts go to age appropriate group)

12:15 – Grouping & general warm-up

12:30 – Warm up compete format – Competition – 30' rotations x 6

14:45 – End – Apparatus awards for L 8 & DISIGO

14:45 to 15:15 MAG Judge's tea and judge's meeting (1 panel + secretary)

Session 6 Senior Olympic apparatus finals (1 group of 8)

14:45– Grouping & general warm-up

15:15– Warm up compete format – Olympic rotations – 30' rotations x 6

18:45– Prize giving: Awarding of apparatus medals

BOYS SESSION 1,2,3, 4 & 5 ROTATIONS

FX	PH	SR	VT	PB	HB
A	B				
B	A				
		B	A		
		A	B		
				A	B
				B	A

BOYS SESSION 6 ROTATIONS

FX	PH	SR	VT	PB	HB
A					
	A				
		A			
			A		
				A	
					A

Regards
 Allan Chadwick
 On behalf of MAG PM

