



4 May 2016

Circular 10-2016-MAG

To: *SAGF Board & MTC Members*
Men's Artistic Gymnastics HP Coaches & Gymnasts (Class 4 & 5)
All Provinces , Districts, Clubs & Members

SA National Championships 2016
Pinetown Gymnastics Club , Lahee Park ,Pinetown, KZN

Competition format:

- General warm up: 15 minutes
- Apparatus warm: Warm up starting on the 2nd apparatus to end on the 1st ready for competition as per rotation schedule or alternatively warm up compete – see individual sessions – this may be necessary to schedule FX & vault before/after girls competitions
- 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 9 & Class HP must have competed 6 apparatus

Entry process:

Qualification – As laid out in the various manuals
 Class 3 > 5 as per March testing & training camp
 Class 1 & 2 , Level 9 , Senior Olympic – via provincial qualification event at the discretion of the provincial selectors
 Entry via online member management system – R500 – entry and fee payment by 17 June
 Spectator entry = R20 per adult/R10 per child

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)

Thursday 30 June 2016

17:30 to 20:30 – MAG Free Practice

Friday 1 July 2016

08:00 to 08:30 MAG Judges meeting (3 panels + secretaries)

Session 1 Class HP 1 & 2 (3 groups A, B & C)

08:15 – Grouping & general warm-up

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

11:45 – End – Prize giving AA

11:30 to 12:00 MAG Judge's tea (3 panels + secretaries)

Session 2 Class HP 3 , 4 & 5 , Level 9 and DSIGO (3 groups A , B & C)

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 9 & DSIGO & Zone 6 selection

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

Session 3 Senior Olympic (1 group A)

14:45– Grouping & general warm-up

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

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

AA – Awarding of AA awards (with WAG ceremony)

20:00 - Venue closes

Saturday 2 July 2016

10:30 to 11:00 MAG Judges meeting (2 panels + secretaries)

Session 4 Class HP 3 , 4 & 5 , Level 9 and DSIGO – apparatus finals (2 groups?)

10:30 – Grouping & general warm-up

11:00 – Warm up compete format – Competition – 30' rotations x 6

14:15 – Apparatus awards for Class HP 3 , 4 & 5 , Level 9 and DSIGO

14:00 to 14:45 MAG Judge's lunch (2 panels + secretaries)

Session 5 Senior Olympic apparatus finals (1 group of max 8 per apparatus)

14:30 – Grouping & general warm-up

15:00 – Warm up compete format – Competition – 30' rotations x 6

17:30 – End – Apparatus awards for Senior Olympic

BOYS SESSION 1,2,&4 ROTATIONS

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

BOYS SESSION 3 & 5 ROTATIONS

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

Regards

Allan Chadwick
 MAG Administration

