



Women's Artistic

Performance 1, 2, 3, & 4, Excel 1 & 2 and Preparation 3
Competition

30th & 31st 2024

Ravenscraig Regional Sports Facility



GYMNOVA

KUKRI

Quatro

Thank You

Running our events takes a lot of time and dedication from our team. We would like to thank all the volunteers, coaches, judges and officials who help make our events happen. A huge thank you to the technical committee who also support our team.



Scottish Gymnastics is committed to creating a positive, safe and healthy environment with safeguarding policies and procedures so everyone can enjoy our sport.

We ask that you take time to think about the images of gymnasts you may capture at today's event and whether these are appropriate to publish and share.

This covers all photos and videos taken by photographers, coaches, participants and spectators using personal devices including mobile phones and professional equipment.

You can read more about appropriate images on our website, or you can ask a member of our team at the event.

Scottish Gymnastics safeguarding policies and procedures apply to everyone.



Anyone with professional or dedicated camera and video equipment must be accredited. Please report to the main ticket desk to register your equipment before entering the event,



PLEASE, NO FLASH PHOTOGRAPHY

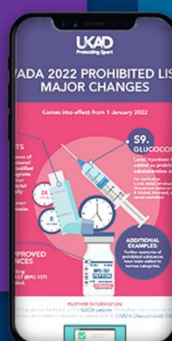


Scottish Gymnastics believes in clean gymnastics and works in partnership with UK Anti-doping (UKAD) and adopt their anti-doping policy and rules.

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. Whether by accident or on purpose, doping is against the rules of the sport.

The use of performance-enhancing drugs, other banned substances and doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

If you are a member of Scottish Gymnastics, these clean sport rules apply to you, regardless of the level you participate at.



Please read all the information on our website to ensure you are working within the laws for gymnastics

scottishgymnastics.org/clean-sport

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Day			Saturday			Sunday		
Date			30/03/2024			31/03/2024		
Round	Total	Per	1	2	3	4	5	6
Competition A			Grade 3	Grade 2	Grade 1	Prep 3+Gr4	Prep 3+Excel2	Prep 3+Excel1
Groups			5	5	5	5	5	5
Presentations			6	6	6	6	6	12
Minutes for Lunch/Break			15	45		45	15	
Doors Open			08:00			08:00		
Registration Closes	30		08:30	10:58	13:56	08:30	11:08	14:36
Tech Briefing Start			08:30	11:28	14:26	08:30	11:28	14:56
Tech Briefing Finish	5		08:35	11:33	14:31	08:35	11:33	15:01
General W/U Location			Main Hall			Main Hall		
General W/U Start	10		08:35	11:33	14:31	08:35	11:33	15:01
General W/U Finish	10		08:45	11:43	14:41	08:45	11:43	15:11
Judges Meeting Location			Judges Meeting Area			Judges Meeting Area		
WAG Judges Meeting			08:30			08:30		
March in	5		08:50	11:48	14:46	08:50	11:48	15:16
Competition Start	5		08:55	11:53	14:51	08:55	11:53	15:21
Competition Finish			11:05	14:03	17:51	11:05	14:33	17:31
March Out/Line Up	5		11:10	14:08	17:56	11:10	14:38	17:36
Presentation location			Main Hall			Main Hall		
Presentation Start	5		11:15	14:13	18:01	11:15	14:43	17:41
Presentation Finish		3	11:33	14:31	18:19	11:33	15:01	18:17
Lunch/Break Location			Judges Meeting Area			Judges Meeting Area		
Lunch/Break Start			11:05	14:03		11:05	14:33	
Lunch/Break End			11:20	14:48		11:50	14:48	

The competition Organiser reserves the right to bring the competition forward by up to 30 minutes



scottishgymnastics.org



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