



Scottish Gymnastics

Rhythmic Thistle Invitational and The Saltire Open

22 November 2026

PROGRAMME



Gymnova

 **KUKRI**

Quatro

 **Loganair**

SPECTATOR CODE OF CONDUCT

An uplifting gymnastics experience for all

We all contribute to creating an enjoyable, safe and positive experience. Please abide by the following. If you do not, you may be removed from the event.

- ★ Respect others and use appropriate language and behaviour
- ★ Promote fair play ahead of results and applaud all participants
- ★ Follow the venue and Scottish Gymnastics rules, including social media and photography guidelines
- ★ Switch your mobile phone to silent
- ★ Let the coach do their job and not coach from the sidelines
- ★ Accept officials' judgements and do not discuss scores with them
- ★ Remain outside the event area and only approach coaches in an emergency
- ★ Supervise children you are responsible for outside of the event area
- ★ Refrain from smoking, vaping, consuming alcohol or illegal substances
- ★ Remove your rubbish from the seating area and use the bins provided
- ★ Share or raise any concerns or issues with Scottish Gymnastics staff

INCLUSIVE | SUPPORTIVE | ASPIRATIONAL

info@scottishgymnastics.org

PHOTOGRAPHY

Scottish Gymnastics is committed to ensuring everyone feels safe and supported through positive practice and safeguarding policies and procedures.

We ask that you take time to think about the photos you take of gymnasts and whether they are appropriate to publish and share. This means all photos and videos taken by photographers, coaches, participants, and spectators using professional cameras or personal devices including mobile phones.

You can ask a member of our team if you are unsure about appropriate images and read more about well-being and safe sport on our website.



Anyone with professional or dedicated camera or video equipment must be accredited.

Please register at the ticket desk before entering the hall.

PLEASE NO FLASH PHOTOGRAPHY DURING THE EVENT

scottishgymnastics.org/safe-sport

#BE THE CHANGE

SEE
SOMETHING
SAY SOMETHING



If you have a concern, or see something that concerns you at an event, please contact the wellbeing and safe sport team via the QR code or by emailing safegym@scottishgymnastics.org

You will be listened to, taken seriously, supported, and appropriate action will be taken.



Please note all timings are approximate.

Session 1- Thistle Espoir Gymnasts

08:00 Registration/ Warm up
09:15 Orientations Start
09:30 Comp Start
10:10 Comp end
12:25 Presentations

Session 3- Saltire Silver Gymnasts

10:30 Registration/Warm up
12:10 Orientations Start
12:45 Comp Start
13:55 Comp end
17:15 Presentations

Session 5- Saltire Sapphire Gymnasts

13:10 Registration/Warm up
14:40 Orientations Start
15:00 Comp Start
16:04 Comp end
17:15 Presentations

Session 2- Thistle Junior/Senior Gymnasts

08:45 Registration/Warm up
10:10 Orientations Start
10:35 Comp Start
12:10 Comp end
12:25 Presentations

Session 4- Saltire Ruby Gymnasts

12:30 Registration/Warm up
13:55 Orientations Start
14:10 Comp Start
14:40 Comp end
17:15 Presentations

Session 6- Saltire Bronze Gymnasts + Display Duo

14:30 Registration/Warm up
16:05 Orientations Start
16:15 Comp Start
17:00 Comp end
17:15 Presentations

Judges Meeting 08:45am

Orientation Schedules - All app to be covered within time

Orientation 1

Individuals 09:15
Pre-Espoir Group 09:20
Espoir Group 09:25

Ruby Orientations

U10/12/13/Junior 13:55
U8/9 14:00

Orientation 2

Individuals 10:10
Junior Group 10:20
Senior Group 10:25

Sapphire Orientations

U10/12/13 14:40
Junior/Senior 14:45
Senior Class 1 14:50

Silver Orientations

U12/13 12:10
Junior/Senior 12:15
Senior Class 1 12:20

Bronze Orientations

U12/Seniors 16:05
Senior Class 1 16:10



The Gymnast Development Framework for gymnasts, coaches and parents

Brilliant Basics guides you through the gymnastics journey from basics to brilliance.

We want to help gymnasts achieve their potential at every level, enjoy learning, and thrive in the sport and beyond.

Explore a selection of resources, work-on tools, videos and audio designed for your role and stage.

The behavioural and physical blueprints prepare gymnasts mentally and physically allowing them to develop holistically.

The technical blueprint explores the fundamental skills at each level of the pathway across eight disciplines. Videos take you through each showing key coaching points, common faults, and progressions.

This is your journey, your brilliant basics.

Scan the QR code or visit the website
to discover and enjoy!

mybrilliantbasics.com



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Odour
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GYMNASTICS**

Official Period Partner



Carbon
Neutral
Product



Thistle Competition**Session 1**

	Gymnast		Club	Age	Apparatus
11	Ayla	Abdyeva	Beacon	U10	Ball
12	Sofia Julia	Wood	Beacon	U11	Ball
13	Sofia	Derugina	ViSta	U12	Ball
14	Sophie	Chen	ViSta	U13	Hoop
15	Pentland Pre Espoir Group		Pentland		Ball
16	Pentland Espoir Group		Pentland		Rope
	Ayla	Abdyeva	Beacon	U10	Free
	Sofia Julia	Wood	Beacon	U11	Clubs
	Sofia	Derugina	ViSta	U12	Clubs
	Sophie	Chen	ViSta	U13	Clubs
	Pentland Pre Espoir Group		Pentland		Free
	Pentland Espoir Group		Pentland		Free

Junior/Senior Orientation

Session 2

17	Marianna	Kunitsyna	Beacon	Junior	Ball
18	Cally	Wilson	Beacon	Junior	Hoop
19	Mariia	Kiriltseva	Beacon	Junior	Hoop
20	Amina	Kubataeva	Beacon	Senior	Hoop
21	Zalina	Kubataeva	Beacon	Senior	Ball
22	Zlata-Kateryna	Volikova	ViSta	Senior	Ball
23	Emilie	Findlay	Beacon	Senior	Ball
24	Lucie	Findlay	Beacon	Senior	Ball
25	Clara	Paris	Beacon	Senior	Ball
26	Pentland Junior Group		Pentland		Ribbon
27	Pentland Senior Group		Pentland		Hoop/Clubs
	Marianna	Kunitsyna	Beacon	Junior	Clubs
	Cally	Wilson	Beacon	Junior	Clubs
	Mariia	Kiriltseva	Beacon	Junior	Clubs
	Amina	Kubataeva	Beacon	Senior	Clubs
	Zalina	Kubataeva	Beacon	Senior	Clubs
	Zlata-Kateryna	Volikova	ViSta	Senior	Clubs
	Emilie	Findlay	Beacon	Senior	Clubs
	Lucie	Findlay	Beacon	Senior	Clubs
	Clara	Paris	Beacon	Senior	Clubs
	Pentland Junior Group		Pentland		Ball
	Pentland Senior Group		Pentland		Ball
	Marianna	Kunitsyna	Beacon	Junior	Ribbon
	Cally	Wilson	Beacon	Junior	Ribbon
	Mariia	Kiriltseva	Beacon	Junior	Ribbon
	Amina	Kubataeva	Beacon	Senior	Ribbon
	Zalina	Kubataeva	Beacon	Senior	Ribbon
	Zlata-Kateryna	Volikova	ViSta	Senior	Ribbon
	Emilie	Findlay	Beacon	Senior	Ribbon
	Lucie	Findlay	Beacon	Senior	Ribbon
	Clara	Paris	Beacon	Senior	Ribbon

**Silver Orientations
Presentations**

Saltire Competition

Silver Competition

28	Iglika	Ivanova	ViSta	Under 13		Hoop
29	Damiana Mia	Kopilova	ViSta	Under 13		Hoop
30	Milana	Brazhinska	Pentland	Under 13		Hoop
31	Lucy	Curran	Beacon	Under 13		Hoop
32	Eva	Camara	Beacon	Under 13		Hoop
33	Varvara	Braim	Pentland	Junior		Hoop
34	Kira	Nozdrachova	Beacon	Junior		Hoop
35	Erika	Nichols	Beacon	Junior		Ball
36	Alyssa Maria	Smoleanu	ViSta	Junior		Hoop
1	Amy	Clark	COGC	Senior	C1	Hoop
6	Grace	Moultrie	COGC	Senior	C1	Hoop
37	Zoia	Shevchenko	Pentland	Senior		Clubs
	Iglika	Ivanova	ViSta	Under 13		Clubs
	Damiana Mia	Kopilova	ViSta	Under 13		Clubs
	Milana	Brazhinska	Pentland	Under 13		Clubs
	Lucy	Curran	Beacon	Under 13		Clubs
	Eva	Camara	Beacon	Under 13		Clubs
	Varvara	Braim	Pentland	Junior		Ribbon
	Kira	Nozdrachova	Beacon	Junior		Ribbon
	Alyssa Maria	Smoleanu	ViSta	Junior		Clubs
	Amy	Clark	COGC	Senior	C1	Clubs
	Grace	Moultrie	COGC	Senior	C1	Clubs
	Zoia	Shevchenko	Pentland	Senior		Ribbon

Ruby Orientations

Ruby Competition

38	Hala	Hermassi	Beacon	Junior		Hoop
39	Maja	Wieczorek	ViSta	Under 8		Free
40	Greta	Tronca	Beacon	Under 8		Free
41	Lydia	Chen	ViSta	Under 8		Free
42	Lacey	Mcgee	Beacon	Under 8		Free
43	Kateryna	Sheina	Beacon	Under 8		Free
44	Astrid	Daly	ViSta	Under 10		Free
45	Skye	Riddell	Beacon	Under 10		Ball
46	Olivia	Sergeeva	Beacon	Under 10		Ball
47	Ariana	Mccraw	Pentland	Under 12		Hoop
48	Pentland Espoir Group		Pentland	Espoir		Ball
2	Zoe	Donald	COGC	Under 13	C1	Ball
	Hala	Hermassi	Beacon	Junior		Ribbon

Sapphire Orientations

Sapphire Competition

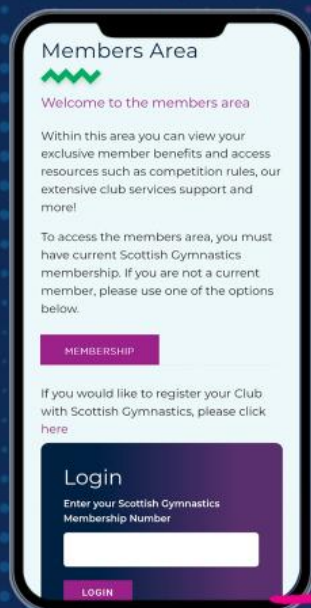
49	Ariana	Nekonom	Beacon	Under 10		Ball
50	Ariana	Clark	Beacon	Under 10		Ball
51	Elina	Reid	Beacon	Under 12		Ribbon
52	Mikayla	Dale	Irvine Bay	Under 13		Ball
53	Lexibelle	Scott	Beacon	Under 13		Ball
54	Zarina	Ismayilova	Beacon	Under 13		Ball
55	Yesieniia	Barabash	Irvine Bay	Junior		Ball
56	Abbi	Ross	Beacon	Junior	C1	Ball
57	Freya	Smith	Pentland	Junior		Ball
58	Brooke	Lee	Irvine Bay	Senior		Ball
59	Mia	Oreilly	Irvine Bay	Senior		Ball
8	Codi	Young	COGC	Senior	C1	Ball
3	Martha	Donohue	COGC	Senior	C1	Ball
	Ariana	Nekonom	Beacon	Under 10		Hoop
	Ariana	Clark	Beacon	Under 12		Hoop
	Elina	Reid	Beacon	Under 12		Hoop
	Mikayla	Dale	Irvine Bay	Under 13		Hoop
	Lexibelle	Scott	Beacon	Under 13		Hoop
	Zarina	Ismayilova	Beacon	Under 13		Hoop
	Yesieniia	Barabash	Irvine Bay	Junior		Clubs
	Abbi	Ross	Beacon	Junior		Clubs
	Freya	Smith	Pentland	Junior		Clubs
	Brooke	Lee	Irvine Bay	Senior		Ribbon
	Mia	Oreilly	Irvine Bay	Senior		Ribbon
	Codi	Young	COGC	Senior	C1	Ribbon
	Martha	Donohue	COGC	Senior	C1	Ribbon

Bronze Orientations

Bronze Competition

60	Marcelina	Bator	Beacon	Under 12		Hoop
61	Aimi	Hudson	Beacon	Senior		Ball
62	Beth	Welsh	Beacon	Senior		Ball
63	Hannah	Behnam	Beacon	Senior		Ball
10	Andrew	Macintyre	COGC	Senior	C1	Ball
9	Alistair	Kemley	COGC	Senior	C1	Ball
7	Charlie May	Stewart	COGC	Senior	C1	Ball
4	Amber	Ewing	COGC	Senior	C1	Ball
5	Zarina Chandni	Mir Wilson	COGC	Senior	C1	Ball
	Marcelina	Bator	Beacon	Under 12		Ribbon
	Aimi	Hudson	Beacon	Senior		Ribbon
	Beth	Welsh	Beacon	Senior		Ribbon
	Hannah	Behnam	Beacon	Senior		Ribbon
	Andrew	Macintyre	COGC	Senior	C1	Ribbon
	Alistair	Kemley	COGC	Senior	C1	Ribbon
	Charlie May	Stewart	COGC	Senior	C1	Ribbon
	Amber	Ewing	COGC	Senior	C1	Ribbon
	Zarina Chandni	Mir Wilson	COGC	Senior	C1	Ribbon
	Display Duet		Beacon			
	Presentations					

WHERE TO FIND YOUR MEMBER BENEFITS



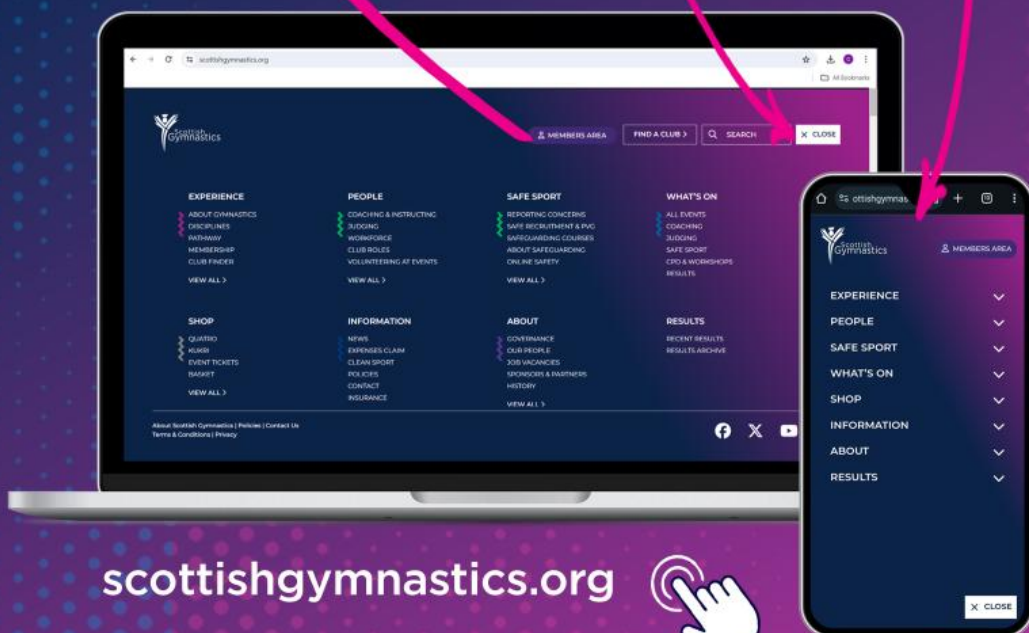
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CLEAN SPORT

Scottish Gymnastics believes in clean gymnastics and works with UK Anti-doping (UKAD), adopting its 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 at which you participate.

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

CLEAN SPORT

Click the button or scan the QR code



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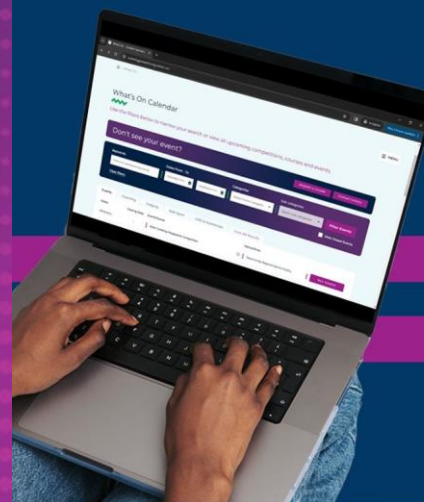
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