



Men's Artistic Gymnastics Competition Work Order

Version 1

Published: 28 August 2024

Please note the following

- Due to limited judge availability starting apparatus across all levels may change
- The teams with the fewer numbers will compete 1st
- This is a rotational competition. Once the team finishes on an apparatus, they will move directly to the next apparatus
- One touch warm-up is strictly 30sec per gymnast

Division A

Day 1 - Friday 20 September

General Warm Up: 1:00pm







Open Apparatus Warm Up: 1:20pm - 2:20pm

Marshalling: 2:25pm

Competition: 2:30pm - 5:30pm

Presentations: 5:30pm

Competition

						
Rotation 1	Group A	Group B		Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B		Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B		Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	
Rotation 5		Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B		Group D	Group E	Group F	Group A

Group A	Group B	Group C
Sydney Hills Gymnastics (4) & Gungahlin Gymnastics (2)	Manly Warringah (6)	
Group D	Group E	Group F
Gold Coast (6)	Gold Coast (5)	Brisbane Grammar (7)

Team orders are to be level 9 followed by level 10

Division A

Day 2 - Sunday 22 September

General Warm Up: 3:00pm







Open Apparatus Warm Up: 3:20pm - 4:20pm

Marshalling: 4:25pm

Competition: 4:30pm - 7:30pm

Presentations: 7:30pm

Competition

						
Rotation 1	Group A	Group B	Group C		Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C		Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	
Rotation 4		Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C		Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C		Group E	Group F	Group A

Group A	Group B	Group C
Brisbane Grammar (7)	Sydney Hills Gymnastics (4) & Gungahlin Gymnastics (2)	Manly Warringah (6)
Group D	Group E	Group D
	Gold Coast (6)	Gold Coast (5)

Team orders are to be level 9 followed by level 10

Division B

Day 1 - Saturday 21 September

General Warm Up: 12:30pm







Open Apparatus Warm Up: 12:50pm - 1:50pm

Marshalling: 1:55pm

Competition: 2:00pm - 4:30pm

Presentations: 4:30pm

Competition

						
Rotation 1	Group A	Group B	Group C	Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C	Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C	Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E	Group F	Group A

Group A	Group B	Group C
Sydney Hills Gymnastics (5)	Sydney Gymnastics Centre (3)	Manly Warringah Gymnastics (6)
Group D	Group E	Group F
Gungahlin Gymnastics (7)	Gold Coast Gymnastics (6)	Essendon Kellor (4), Gladstone (1)

Team orders will be level 6 followed by level 7 then level 8

Division B

Day 2 - Monday 23 September

General Warm Up: 3:00pm







Open Apparatus Warm Up: 3:20pm - 4:20pm

Marshalling: 4:25pm

Competition: 4:30pm - 7:00pm

Presentations: 7:00pm

Competition

						
Rotation 1	Group A	Group B	Group C	Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C	Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C	Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E	Group F	Group A

Group A	Group B	Group C
Essendon Kellor (4), Gladstone (1)	Sydney Hills Gymnastics (5)	Sydney Gymnastics Centre (3)
Group D	Group E	Group F
Manly Warringah Gymnastics (6)	Gungahlin Gymnastics (7)	Gold Coast Gymnastics (6)

Team orders will be level 6 followed by level 7 then level 8

Division C & Special Olympics

Day 1 - Friday 20 September

General Warm Up: 10:00am







1st Apparatus Warm Up: 10:20am

Marshalling: 10:25am

Competition: 10:30am - 12:30pm

Presentations: 12:30pm

Competition

						
Rotation 1	Group A	Group B	Group C		Group E	
Rotation 2		Group A	Group B	Group C		Group E
Rotation 3	Group E		Group A	Group B	Group C	
Rotation 4		Group E		Group A	Group B	Group C
Rotation 5	Group C		Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E		Group A

Group A	Group B	Group C
Forefront (1), Gladstone (1), Maroochy Beach (1)	Gold Coast (5)	Sydney Hills (5)
Group D	Group E	Group F
	Jets (2), Y Epping (3)	

Team orders will be level 6 followed by level 7

Division C & Special Olympics

Day 2 - Sunday 22 September

General Warm Up: 11:30am







1st Apparatus Warm Up: 11:50am

Marshalling: 11:55am

Competition: 12:00pm - 2:00pm

Presentations: 2:00pm

Competition

						
Rotation 1		Group B	Group C	Group D		Group F
Rotation 2	Group F		Group B	Group C	Group D	
Rotation 3		Group F		Group B	Group C	Group D
Rotation 4	Group D		Group F		Group B	Group C
Rotation 5	Group C	Group D		Group F		Group B
Rotation 6	Group B	Group C	Group D		Group F	

Group A	Group B	Group C
	Forefront (1), Gladstone (1), Maroochy Beach (1)	Gold Coast (5)
Group D	Group E	Group F
Sydney Hills (5)		Jets (2), Y Epping (3)

Team orders will be level 6 followed by level 7

Division D (Subdivision 1)

Day 1 - Monday 23 September

General Warm Up: 9:00am







1st Apparatus Warm Up: 9:20am

Marshalling: 9:25am

Competition: 9:30am - 11:30am

Presentations: 2:30pm

Competition

						
Rotation 1	Group A	Group B	Group C	Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C	Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C	Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E	Group F	Group A

Group A	Group B	Group C
Gold Coast (7)	Gold Coast (7)	Forefront (7)
Group D	Group E	Group F
Skyline (6)	Essendon Kellor (4), Gungahlin (1)	Sydney Gymnastics (4)

Team orders will be level 4 followed by level 5

Division D (Subdivision 2)

Day 1 - Monday 23 September

General Warm Up: 12:00pm







1st Apparatus Warm Up: 12:20pm

Marshalling: 12:25pm

Competition: 12:30pm - 2:30pm

Presentations: 2:30pm

Competition

						
Rotation 1	Group A	Group B	Group C	Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C	Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C	Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E	Group F	Group A

Group A	Group B	Group C
BTYC (5)	Sydney Hills (8)	Gladstone (3), Manly Warringah (3)
Group D	Group E	Group F
Maroochy Beach (9)	Aussie Gems (6)	Splitz Gym (3)

Team orders will be level 4 followed by level 5

Division D (Subdivision 1)

Day 2 - Tuesday 24 September

General Warm Up: 12:00pm







1st Apparatus Warm Up: 12:20pm

Marshalling: 12:25pm

Competition: 12:30pm - 2:30pm

Presentations: 5:30pm

Competition

						
Rotation 1	Group A	Group B	Group C	Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C	Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C	Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E	Group F	Group A

Group A	Group B	Group C
Sydney Gymnastics (4)	Gold Coast (7)	Gold Coast (7)
Group D	Group E	Group F
Forefront (7)	Skyline (6)	Essendon Kellor (4), Gungahlin (1)

Team orders will be level 4 followed by level 5

Division D (Subdivision 2)

Day 2 - Tuesday 24 September

General Warm Up: 3:00pm







1st Apparatus Warm Up: 3:20pm

Marshalling: 3:25pm

Competition: 3:30pm - 5:30pm

Presentations: 5:30pm

Competition

						
Rotation 1	Group A	Group B	Group C	Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C	Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C	Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E	Group F	Group A

Group A	Group B	Group C
Splitz Gym (3)	BTYC (5)	Sydney Hills (8)
Group D	Group E	Group F
Gladstone (3), Manly Warringah (3)	Maroochy Beach (9)	Aussie Gems (6)

Team orders will be level 4 followed by level 5

Division E

Day 1 - Tuesday 24 September

General Warm Up: 9:00am







1st Apparatus Warm Up: 9:20am

Marshalling: 9:25am

Competition: 9:30am - 11:30am

Presentations: 11:30am

Competition

						
Rotation 1	Group A	Group B	Group C	Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C	Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C	Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E	Group F	Group A

Group A	Group B	Group C
Sydney Hills (7)	Skyline (5)	Manly Warringah (4), Gladstone & Sydney Gymnastics (4)
Group D	Group E	Group F
Maroochy Beach (10)	Gold Coast (7)	Aussie Gems (8)

Division E

Day 2 - Wednesday 25 September

General Warm Up: 10:00am







1st Apparatus Warm Up: 10:20am

Marshalling: 10:25am

Competition: 10:30am - 12:30pm

Presentations: 12:30pm

Competition

						
Rotation 1	Group A	Group B	Group C	Group D	Group E	Group F
Rotation 2	Group F	Group A	Group B	Group C	Group D	Group E
Rotation 3	Group E	Group F	Group A	Group B	Group C	Group D
Rotation 4	Group D	Group E	Group F	Group A	Group B	Group C
Rotation 5	Group C	Group D	Group E	Group F	Group A	Group B
Rotation 6	Group B	Group C	Group D	Group E	Group F	Group A

Group A	Group B	Group C
Aussie Gems (8)	Sydney Hills (7)	Skyline (5)
Group D	Group E	Group F
Manly Warringah (4), Gladstone & Sydney Gymnastics (4)	Maroochy Beach (10)	Gold Coast (7)

Masters

Saturday 21 September







General Warm Up: 5:00pm

Apparatus Warm Up: 5:10pm

Competition: 5:30pm - 7:30pm

Presentations: 7:30pm

Competition

						
Rotation 1	Group A	Group B	Group C			
Rotation 2		Group A	Group B	Group C		
Rotation 3			Group A	Group B	Group C	
Rotation 4				Group A	Group B	Group C
Rotation 5	Group C				Group A	Group B
Rotation 6	Group B	Group C				Group A

Group A	Group B	Group C
Gold Coast (5)	Australian Academy (4)	Manly Warringah (4), Forefront (1)