TIMETABLE & ROTATIONS 2023

ROUND 1: GRADE 6 & 5 GROUP 1 - GROUP 5

Warm Up & Registration	From 8.20am	
March on	8.45am	
Rotation 1	8.50am	
Rotation 2	9.15am	
Rotation 3	9.40am	
Rotation 4	10.05am	
Rotation 5	10.30am	
Presentations	11.00am	1

	Vault	R&C	Bars	Beam	Floor
→	1	2	3	4	5
→	5	1	2	3	4
→	4	5	1	2	3
→	3	4	5	1	2
→	2	3	4	5	1

ROUND 2: Regional GRADES 4 & 3. Pre-Grade 6 GROUP 6 - GROUP 10

Warm Up & Registration	From 11.15am
March on	11.45am
Rotation 1	11.50am
Rotation 2	12.15pm
Rotation 3	12.40pm
Rotation 4	1.05pm
Rotation 5	1.30pm
Presentations	2.00pm

	Vault	R&C	Bars	Beam	Floor
→	6	7	8	9	10
→	10	6	7	8	9
→	9	10	6	7	8
→	8	9	10	6	7
→	7	8	9	10	6

ROUND 3: Regional GRADE 2, & 1. National GRADES 4, 3, 2, & 1 GROUP 11 - GROUP 14

Warm Up & Registration	From 2.00pm
March on	2.40pm
Rotation 1	2.45pm
Rotation 2	3.05pm
Rotation 3	3.25pm
Rotation 4	3.45pm
Rotation 5	4.05pm
Presentations	4.30pm

Vault	R&C	Bars	Beam	Floor
11	12	13	14	
	11	12	13	14
14		11	12	13
13	14		11	12
12	13	14		11