

LONDON GYMNASTICS

Providing the perfect balance of fun, passion and precision



PARENT/GUARDIAN INFORMATION SHEET

WINTER SEASON EVENT 1 TRA

The Event

Event title:	<i>Winter Season Event 1 TRA</i>
Date/s:	<i>Sunday 17th November 2019</i>
Venue:	<i>Harlington Sports Centre, Pinkwell Lane, Hayes, UB3 1PB</i>
Directions:	https://bit.ly/2K5saHH
Public transport:	<i>Free onsite parking</i>
Parking:	https://bit.ly/2K5saHH <i>Nearest train stations: Hayes and Harlington</i>
Doors open:	<i>8.30 am</i>

Ticket Information

Tickets prices:	<i>£5 – Adults £3 - Child</i>
Advance tickets:	<i>Not available</i>
Pay-on-the-day tickets:	<i>Payment by credit or debit card only</i>
Programmes:	<i>Not available</i>

Venue Facilities

Café:	<i>No onsite facilities. Harlington Hawkes will be providing light refreshments</i>
Shopping mall:	<i>No photos or leotards are for sale at this event</i>
Changing rooms:	<i>Located on the ground floor by the sports hall</i>
Toilets:	<i>Located on the ground floor by the sports hall</i>

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Gymnast Information

Gymnast's hand over / registration:	<i>Gymnast registration / handover points will be sign posted</i>
Gymnast membership levels	<i>GfA levels: Require Bronze membership NDP levels: Require Silver membership FIG level: Require Silver membership</i>
Warm-up gym:	<i>There is no warm up gym at this event. Parents or guardians are not allowed into the warm-up gym</i>
Competition times:	<i>Timetables are subject to change. Gymnasts should be ready to compete up to 30 mins. before the stated time</i>
Gymnasts Seating:	<i>Gymnasts will sit in the specified seating with their club</i>
Gymnast supervision:	<i>Gymnasts will be under the supervision of their coaches for the duration of the event</i>
Gymnasts attire:	<i>As per BG Trampoline Code of Points. Jewellery, body piercing and similar adornments are not allowed.</i>
Bandaging:	<i>Bandaging should be flesh coloured</i>
Hair / jewellery:	<i>Jewellery is not allowed. Hair must be dressed</i>
Provisions/refreshments:	<i>There are no refreshments at this event.</i>
Storage of personal belongings:	<i>Must be placed in the seating and not taken onto the competition floor.</i>
Medical /First Aid Provision:	<i>Medical provision for the assessment and/or treatment of injuries sustained on the day will be available for the duration of the event from the leisure centre first aiders and coaches with first aid qualifications.</i>
Welfare Officer:	<i>A welfare officer will be available for the duration of the event and may be contacted via the event organiser</i>
Presentations:	<i>Gymnasts and coaches participating in the presentation ceremony must march on in competition attire.</i>

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Gymnast Dismissal:	<i>Club coaches are responsible for the dismissal of their gymnasts</i>
Host venue	<i>Gymnasts must respect and follow the rules of the host venue</i>
Emergency evacuation procedure	<i>In the case of an emergency (e.g. fire) the coaches will lead their gymnasts to the fire assembly point and take a register. The spectators will be directed to fire exits and the fire assembly point by the event host venue personnel.</i>

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Spectator Information:

Doors open	<i>8.30 am</i>
Directions to seats	<i>The spectator seating will be sign-posted</i>
Spectator Seating	<i>Parents to arrive and purchase their spectator tickets. Gymnasts and parents to make their way to Hall 1 (theatre). Hall 1 will offer standing room only for spectators due to size constraints. Parents to keep behind the barrier or designated line. Once R&C has been completed by the flight the gymnasts will be collected by the trampoline judges and taken into Hall 2 (sports hall) for their trampoline competition. Hall 2 will have spectator seating.</i>
Range and Conditioning:	<i>Parents are allowed to watch the Range & Conditioning but it is standing room only.</i>
Competition Organiser:	<i>Andrew Freeman</i>
Welfare Officer:	<i>Andrew Freeman will be on duty for the duration of the event</i>
Dismissal & Collection of Gymnasts:	<i>Club coaches are responsible for the dismissal of their gymnasts</i>
Photography:	<i>By entering an LG event, there is an acceptance that the participant may be photographed and the photograph may be published by LG. Recorded images must only be used for personal purposes in accordance with the BG Child Protection Policy Photos may not be used, distributed or copied for commercial purposes. Flash may not be used at any time while gymnasts are warming up or competing. The Competition Organiser may at any time in his or her absolute discretion, direct that photos shall not be taken</i>
Timetable:	<i>The finalised timetable will be distributed to clubs on the day, and all other draft timetables should be ignored. Times are subject to change and gymnasts should be ready to compete up to 30 minutes before their allotted time.</i>
Additional:	<i>Parents should not approach the officials or judges under any circumstances.</i>
Final Scores:	<i>The final scores will be uploaded to the event page on the LG website.</i>

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Timetable:

Start	End	Activity		Pink		Blue		Green	
FLIGHT 1									
		Arrive at 8:45		Gabrielle Park, Alfie Shepherd, Dovydas Olekas, Matthew Mason		Felix Allen, Otilia Allen, Alexander Atkinson, Kieran Quarcoo, Leo Hall, Frankie McGuinness, Catalina Cuervo, Lois Layton, Lily Cragg		Florrie Osmand, Mia Henson, Eve Waddington, Charlotte Kirkman, Vishal Sunil, Liza Coimbra, Tijauna Hamilton, Thea Shirley	
09:00	09:15	Warm Up Range & Conditioning	15	NDP 6 (11-12)	1	Kingston (GfA 1)	9	Kingston (GfA 2)	4
09:15	09:45	Compete Range & Conditioning	30	NDP 6 (13-14)	3			Kingston (GfA 3)	4
09:45	10:00	Warm Up Trampoline	15	NDP 6 (15-21)	5				
10:00	10:30	Compete Trampoline	30						
10:30	11:05	Presentation	35						
FLIGHT 2									
		Arrive at 9:15		Joshua Baker					
09:45	10:00	Warm Up Range & Conditioning	15	NDP 5 (11-12)	8	Sobell (GfA)	6	Inspire (GfA)	8
10:00	10:30	Compete Range & Conditioning	30			Elstree (GfA)	5	Zenith (GfA)	2
10:30	10:45	Warm Up Trampoline	15						
10:45	11:15	Compete Trampoline	30						
11:15	11:50	Presentation	35						
FLIGHT 3									
		Arrive at 09:45		Bethany Randall		Alexa Higginson, Luke Higginson, Florence Hull, Ella Matthews, Jemima Welbourn, Maya Pattison, Talia Fernandez, Sadie Welbourn, Lucy Wilmot, Alex Madden, Cameron Street		Elodie Osmand, Olivia Klein, Gabrielle Hillyard, Amelie Delaney- Meinesz, Stanley Willis, Beatrice Collins, Holly Gaylor, Riyadh Naik, Ashlee Hambling, Freddie Hoath, Eloise Gummer, Rebecca Forbes, Imogen Swain	
10:30	10:45	Warm Up Range & Conditioning	15	NDP 5 (13-14)	5	Kingston (GfA 4)	13	Kingston (GfA 4)	13
10:45	11:15	Compete Range & Conditioning	30	NDP 5 (15-21)	5				
11:15	11:30	Warm Up Trampoline	15						
11:30	12:00	Compete Trampoline	30						
12:00	12:35	Presentation	35						
FLIGHT 4									
		Arrive at 10:30		Eloise Gardner, Freya Georges, Tyler Baylay-Bell		Camilla Rasulova, Jemima Eckes,			
11:15	11:30	Warm Up Range & Conditioning	15	NDP 4 (9-10)	1	NDP 4 (13-17)	11		
11:30	12:00	Compete Range & Conditioning	30	NDP 4 (11-12)	8				
12:00	12:15	Warm Up Trampoline	15	NDP 4 (18+)	1				
12:15	12:45	Compete Trampoline	30						
12:45	13:20	Presentation	35						
FLIGHT 5									

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		Arrive at 11:45		Samuel Newman, Thomas Muller, Lilia Hamblin, Julia Prestigiacomio,		Mia Wanli, Phoebe Craddock			
12:30	12:45	Warm Up Range & Conditioning	15	NDP 3 (9-10)	4	NDP 3 (13-17)	12		
12:45	13:15	Compete Range & Conditioning	30	NDP 3 (11-12)	5				
13:15	13:30	Warm Up Trampoline	15	NDP 3 (18+)	1				
13:30	13:45	Compete Trampoline	30						
13:45	14:20	Presentation	35						
FLIGHT 6									
		Arrive at 12:30		Toby Eckes, Daniel Polykarpou, Tom Simpson		Bethan Calder, Daisy Poole, Ellie Panton, Polly Fennell, Amelie Gowe			
13:15	13:30	Warm Up Range & Conditioning	15	NDP 2 (9-10)	4	NDP 2 (13-17)	19		
13:30	13:45	Compete Range & Conditioning	30	NDP 2 (11-12)	14				
13:45	14:00	Warm Up Trampoline	15						
14:00	14:30	Compete Trampoline	30						
14:30	15:05	Presentation	35						
FLIGHT 7									
		Arrive at 13:00		Gracie Rose-Line		Charlotte Fairfoull, Anna Ganevitch, Emily Mann			
13:45	14:00	Warm Up Range & Conditioning	15	NDP 1 (9-10)	7	NDP 1 (13-17)	11		
14:00	14:30	Compete Range & Conditioning	30	NDP 1 (11-12)	8				
14:30	14:45	Warm Up Trampoline	15						
14:45	15:15	Compete Trampoline	30						
15:15	15:35	Presentation	35						

Start List:

To follow...