



Heathrow Aerobics Gymnastics

Heathrow Gymnastics club

Green Lane Hounslow Middlesex

www.heathrowaerobicsgymnastics.co.uk



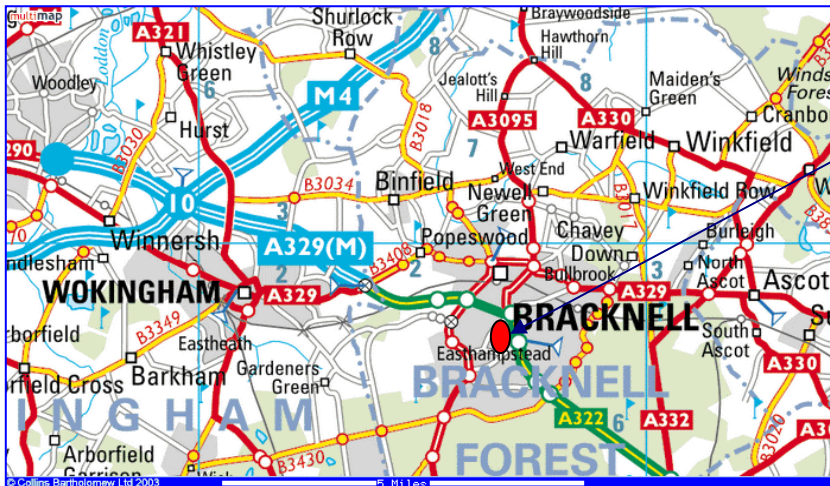
WORK PLAN

2006 Heathrow International Club Championships.

16th and 17th September 2006

Venue

Bracknell Sport & Leisure Centre
Bagshot Road
Bracknell
Berkshire
RG12 9SE
Tel: 01344 861717 or 01344 454203



**Bracknell Sport &
Leisure Centre**
01344 861717
01344 454203

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Competition Hotel

Hilton Hotel

Bagshot Road

Bracknell

RG12 0QJ

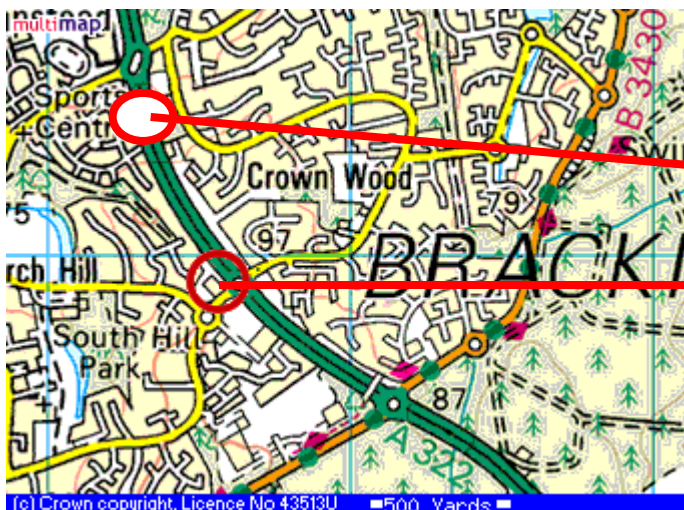
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Bracknell Sports Centre

Hilton Hotel

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15 th September	Arrival of International Delegations	All Day
	Main hall set up, seating area, judges tables sound & PA.	18.30-20.00
16 th September	RAC, Foundation and NAC Competition.	
	Build Aerobic Gymnova Floor	06.00-08.30
	Arrival of International Delegations	All Day
	International teams: Sight-seeing Windsor & London	All Day
	Registration of Gymnasts, RAC, Foundation, NAC only. Please note: All CDs must have routine number stickers already displayed on them. (Please see running order) You must provide a CD for each routine.	08.00-08.45
	Free Podium Training without music for RAC, Foundation & NAC only. Please note: No spectators will be allowed into the arena at this time. Only accredited coaches and gymnasts.	08.30-09.30
	Judges Briefing /Judges Draw in Judges room upstairs.	08.30-09.30
	Coaches Briefing in Main Hall.	09.00-09.15
	Doors open to the public.	09.00
	Judges seated	09.30
	Opening Ceremony (Club Tracksuits, hair tied up) Run-On by Club 2x8 routine with 2x8 run on) Only clubs competing on Saturday 16 th September Clubs may choose which gymnasts they wish to use for the run on	09.45

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16 th September	First RAC Competitor.	10.00
	First NAC Competitor.	11.10
	Medal Ceremony RAC Only.	13.15
	Lunch.	13.45-14.30
	Free podium training.	13.45-14.15
	Competition re-starts.	14.30
	Medal Ceremony (Only medalists in competition attire)	18.15
17 th September	FIG International Club Competition	
	Registration of Gymnasts, All FIG Gymnasts. Please note: All CDs must have routine number stickers already displayed on them. (Please see running order) You must provide a CD for each routine.	08.00-08.45
	Free Podium Training without music. Please note: No spectators will be allowed into the arena at this time. Only accredited coaches and gymnasts.	08.30-09.30
	Judges Briefing /Judges Draw in Judges room upstairs.	08.30-09.30
	Coaches Briefing in Main Hall.	09.00-09.15
	Doors open to the public.	09.00
	Judges seated	09.30

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17 th September	Opening Ceremony (Club Tracksuits, hair tied up) Run-On by Club 2x8 routine with 2x8 run on) Only clubs competing on Sunday 17 th September	09.45
	First FIG Competitor.	10.00
	Lunch	13.15-14.15
	Free podium training	13.15-14.00
	Competition re-starts.	14.30
	Medal Ceremony (Only medalists in competition attire)	17.15
18 th September	Departure of international teams	All day

Additional Information.

Only straight finals in all categories

Only medalists to present at the medal ceremony.

There will only be one judge's panel.

The running order was drawn by random computer draw.

Video and photography forms must be with Val Lewis by the 11th September 2006 to obtain a permit to take photos or video: no one will be permitted to take photos or video without a permit.

You can obtain an application form from our website.

Element sheets must reach Natalia by 11th September