



Heathrow Aerobics Gymnastics

Heathrow Gymnastics club

Green Lane Hounslow Middlesex
www.heathrowaerobicsgymnastics.co.uk



1 of 6

WORK PLAN

2019 HEATHROW INTERNATIONAL AEROBIC GYMNASTICS CHAMPIONSHIPS

Venue

Bracknell Sport & Leisure Centre

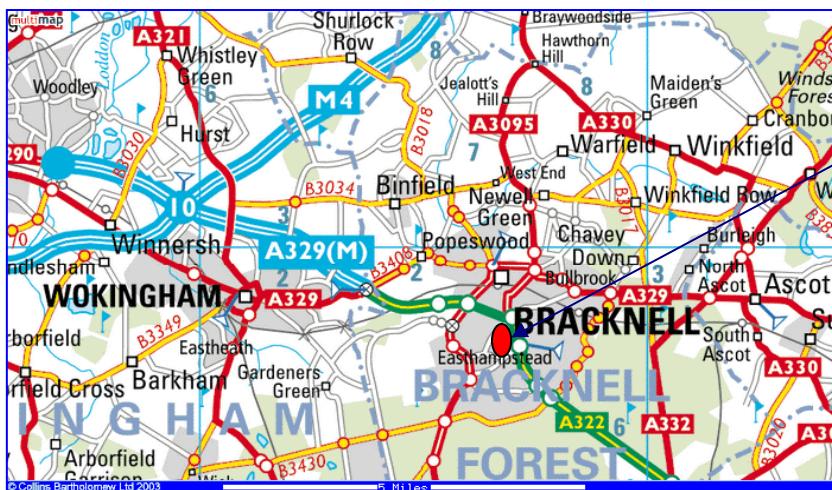
Bagshot Road

Bracknell

Berkshire

RG12 9SE

Tel: 01344 861717 or 01344 454203



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

69 Neuman Crescent, Churchill Gate, Bracknell Berkshire RG12 7GL

Tel 01344 488885 Fax Number 01344 488885 e mail gary@heathrowaerobicsgymnastics.co.uk

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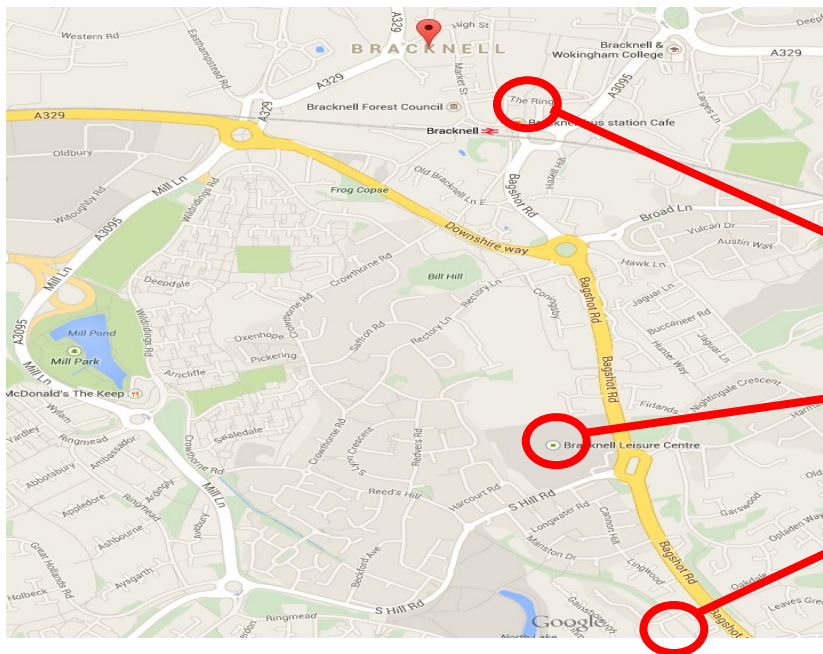
Competition Hotels

Hilton Hotel

Bagshot Road
Bracknell
RG12 0QJ
United Kingdom
Telephone: +44 (0)1344 424 801
Fax: +44 (0)1344 487 454
E Mail res_m4hub@hiltonint.com
Web Address <http://www.hilton.co.uk/bracknell>

Grange Bracknell Hotel,

(25 Minute Walking distance)
Charles Square,
Bracknell,
RG12 1DF
Telephone: 0044-1344 474 000
E Mail bracknell.reservations@grangehotels.com
Web Address <http://www.grangehotels.com/hotels-london/grange-bracknell>



Grange Hotel
Bracknell Sports Centre
Hilton Hotel

Please note the venues are within walking distance from the hotel.

Set Up		
Thursday 30th May	Arrival of International Delegations	All Day
	Arrival of back drop; visual displays (GymData).	17:00
	Seating set up build Gymnova Aerobic Floor.	

Friday 31st May	Friday 31st May - Arrival of International / UK Delegations	All Day
	International Teams Training Main Hall to Schedule	07.00-12.00
	Main hall set up: seating area; judges' tables; flags; Sound & PA System; tablecloths etc; build Gymnova Aerobic Floor. Display network. Scoring system test.	09:00 am
	RAC and NAC National Development Competitions Friday 31th May	
	Judges Briefing Judges room; Hospitality suite (upstairs)	12:45-13:45
	Registration of gymnasts – RAC, NAC gymnasts competing today (Friday) only. Please note: Gymnasts will have their photograph taken at registration to be displayed with their Score/s. Music will need to be uploaded to the GymData System if not already carried out; you should have received an email from GymData with instructions regarding this.	12:30-13:30
	First RAC Competitor starts their warm up	13:00
	Free floor training without music for today (Friday) Gymnasts only.	12:30-13:45
	Coaches Briefing - Main Hall	13:10-13:30
	Doors open to the public.	13:15
	Judges seated	13:45
	Gymnast Walk on	13.50
	First RAC Competitor competes	14:00
	First NAC Competitor competes	18:36
	Medal Ceremony (Only medallists are to present themselves for the medal ceremony - dressed in competition attire)	20:10

FIG National Development, Foundation IM & IW Competitions FIG Group 1, Group 2 & Senior IW Qualifications Saturday 12th May	
Saturday 1st June	Judges Briefing Judges room; Hospitality suite (upstairs) 08:45
	Registration of gymnasts – gymnasts competing today (Saturday) only. Please note: Gymnasts will have their photograph taken at registration to be displayed with their Score/s. Music will need to be uploaded to the GymData System if not already carried out; you should have received an email from GymData with instructions regarding this. 08:15-9:45
	First Competitor starts their warm up 09:00
	Free floor training without music for <u>gymnasts running order numbers 157 - 273 only</u> NB: No spectators will be allowed into the arena at this time. Only accredited coaches and gymnasts. 08:30-09:40
	Coaches Briefing - Main Hall 09:00
	Doors open to the public. 09:15
	Judges seated 09:45
	Opening Ceremony all Clubs that are competing in the International Club Open (Club Tracksuits; hair tied up) Run-On by Club 2x8 routine with 2x8 run on – <i>(any gymnast competing in this competition can take part in the run on)</i> 09:50
	First Competitor competes 10:00
	Free Floor Training without music for <u>gymnasts running order numbers 274 -334</u> 14.30:15.40
	Medal Ceremony – Announcement of Finalists. (Only medallists are to present themselves for the medal ceremony - dressed in competition attire) 18:00
	Podium Training FIG finalists by appointment on a ‘first come - first served’ basis - please let me know ASAP if you require podium training 18:15

NAC Group 1, Group2 & Senior and Foundation Competitions Finals FIG Group 1 Group 2 Senior - all Categories		
Sunday 2nd June	Registrations of Gymnasts Please note: Gymnasts will have their photograph taken at registration to be displayed with their Score/s. Music will need to be uploaded to the GymData System if not already carried out; you should have received an email from GymData with instructions regarding this.	08:15-9:45
	Free Floor Training without music for <u>gymnasts that compete before lunch only (running order numbers 335 - 396)</u>	08:30-09:40
	Judges Briefing Judges room, Hospitality suite (upstairs)	08:45
	Coaches Briefing - Main Hall	09:00
	First NAC Competitor starts their warm up	09:00
	Doors open to the public	09:15
	Judges seated	09:45
	Opening Ceremony all Clubs that are competing in the International Club Open (Club Tracksuits; hair tied up) Run-On by Club 2x8 routine with 2x8 run on – <i>(any gymnast competing in this competition can take part in the run on)</i>	09:50
	First NAC Competitor competes	10:00
	Lunch	12:22 -13:30
	Free Floor Training without music for remaining <u>FIG Gymnasts (running order numbers 397 - 497)</u>	12:22-13:15
	Opening Ceremony all clubs that are competing in the International Club Open (Club Tracksuits; hair tied up) Run-On by Club 2x8 routine with 2x8 run on - <i>(any gymnast competing in this competition can take part in the run on)</i>	13:20
	First FIG Competitor competes	13:30
	Medal Ceremony (Only medallists are to present themselves for the medal ceremony - dressed in competition attire)	17:45

Additional Information

Seating:

In view of the possibility of a larger than usual audience we have arranged for an area of **additional Gymnast Seating** to alleviate any problems in the main seating area. We would ask clubs to kindly help us as much as possible by using this Gymnast Seating if possible. We would ask clubs to please arrange for some form of chaperone to oversee their gymnasts whilst seated in these areas.

Parking:

Anyone staying at the official hotels are requested to walk to and from the venue if possible. We hope to avoid any car parking issues.

Qualifications for - FIG Group 1, Group 2 & Senior IW and on Saturday 1st June - Finals will take place on Sunday 2nd June 2019

There will be the following Final places in the Final. Top 12 and Top 8 Gymnast will Compete in the Finals.

Group 1 IW - 12 Finalists

Group 2 IW - 12 Finalists

Senior IW - 8 Finalists

Group IM - 8 Finalists

Club run on will be performed on Saturday and Sunday as per Running Order/Start List.

Only Medallists to present themselves at the medal ceremonies.

We will present medals to 1st, 2nd and 3rd places (Open) and only to Gymnasts that present themselves at the medal ceremony.

We will also present Heathrow Club medals (Closed)

An inquiry system will be in place for difficulty scores further information to follow.

There will only be 2 Alternating judging panels.

The running order was drawn by random computer draw.

Scoring will be by GymData and Live on-line results will be available via their website: (click here) <https://www.gymdata.co.uk/events/clubs.aspx?eid=937>

After the competition full final results will be published on the Heathrow Aerobic Gymnastics website: <http://www.heathrowaerobicsgymnastics.co.uk/>

Vibe Photography will be on site taking photographs for sale or order:
www.vibephotography.co.uk

NG Sportswear will be on site selling Venturelli shoes and lots more:
www.ngsportswear.co.uk

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GymData

Training FRIDAY 31st May							
Nation / Club	Routines	General Warm up			Competiton Floor		
		Time		Room	Time		Room
		Start	Finnish		Start	Finnish	
Academia CantanhedeGym (POR)	25 Routines	7:25 AM	7:55 AM	Squash Court 1-3 use all 3 rooms for space	8:00 AM	8:50 AM	Main Hall
	25 Routines x 2.00 mins						
ABGC (POR)	4 Routines	8:15 AM	8:45 AM	Squash Court 1-3 use all 3 rooms for space	8:50 AM	9:26 AM	Main Hall
AGS (POR)	2 Routines						
Amr8j (POR)	6 Routines						
URD (POR)	6 Routines						
Total	18 Routines x 2.00 mins						
Club Aerobic Moncada (ESP)	6 Routines	8:51 AM	9:21 AM	Squash Court 1-3 use all 3 rooms for space	9:26 AM	10:06 AM	Main Hall
Club Gimnasia Aerogym (ESP)	4 Routines						
Club mas Camarena (ESP)	4 Routines						
Club Taekwondo Xativa (ESP)	6 Routines						
Total	20 Routines x 2.00mins						
China (CHN)	18 Routines	9:31 AM	10:01 AM	Squash Court 1-3 use all 3 rooms for space	10:06 AM	10:56 AM	Main Hall
Gymnastics Association of Thailand (THA)	3 Routines						
ARBEE Alger (ALG)	4 Routines						
Total	25 Routines x 2.00 mins						
Gracija-Viesulas (LTU)	8 Routines	10:21 AM	10:51 AM	Squash Court 1-3 use all 3 rooms for space	10:56 AM	11:26 AM	Main Hall
Vsi Lazdiju Sporto Centras (LTU)	3 routines						
Ale Aerobic & Dansstudio (SWE)	2 Routines						
SK Nord (EST)	2 Routines						
Total	15 Routines x 2.00 mins						
SSV Ulm 1846 e.V. (GER)	5 Routines	10:51 AM	11:21 AM	Squash Court 1-3 use all 3 rooms for space	11:26 AM	12:01 PM	Main Hall
Inter aerobic Bratislava (SVK)	9 Routines						
KSA Nitra (SVK)	3 Routines						
Total	17 Routines x1.30mins						