



Heathrow Aerobic Gymnastics

Heathrow Gymnastics club

Green Lane Hounslow Middlesex
www.heathrowaerobicgymnastics.co.uk



1 of 6

WORK PLAN

2024 HEATHROW INTERNATIONAL AEROBIC GYMNASTICS CHAMPIONSHIPS

Venue

Bracknell Sport & Leisure Centre

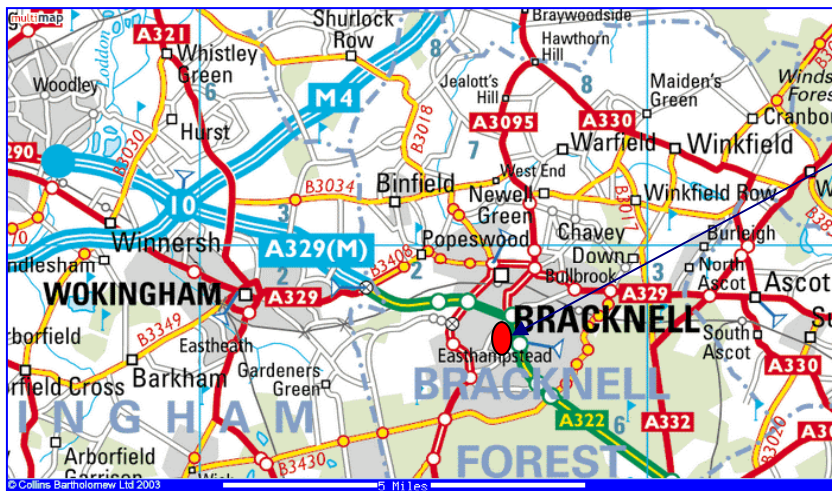
Bagshot Road

Bracknell

Berkshire

RG12 9SE

Tel: 01344 861717 or 01344 454203



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

Competition Hotels

Village Hotel

Bagshot Road

Bracknell

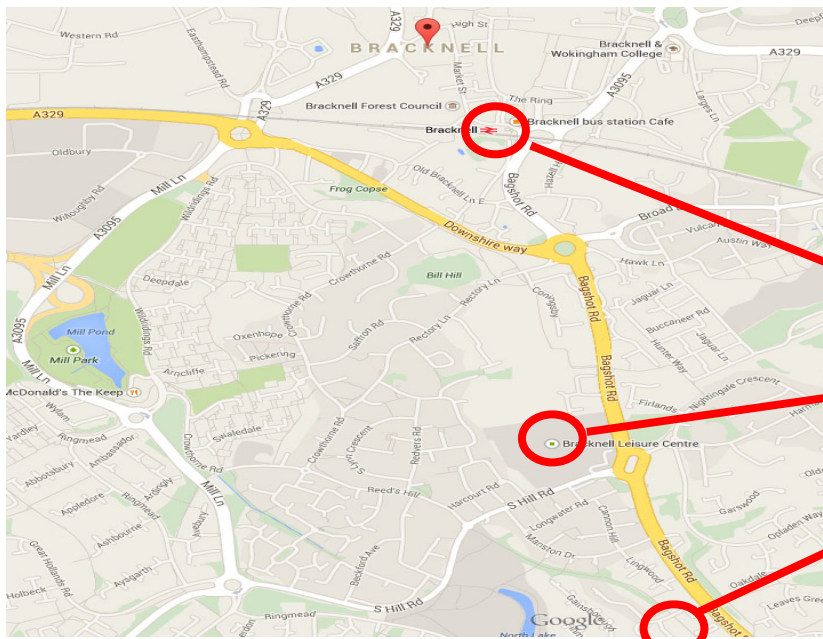
RG12 0QJ

United Kingdom

Telephone: +44 01344 203 380

E Mail reception.bracknell@village-hotels.com

Web Address <https://www.village-hotels.co.uk/bracknell>



Bracknell Train Station

Bracknell Sports Centre

Village Hotel

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

		Set Up
Thursday 23rd May	Arrival of International Delegations	All Day
	Arrival of back drop; visual displays (GymData).	15:00
	Seating set up build Gymnova Aerobic Floor.	
Friday 24th May	Friday 24th May - Arrival of International / UK Delegations	All Day
	International Teams Training Main Hall to Schedule	09.00-11.45
	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
	IAC & RAC Competitions Friday 24th May	
	Judges Briefing Judges room; Hospitality suite (upstairs)	12:00-12:20
	Registration of gymnasts – IAC & RAC 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.	12:00
	First IAC Competitor starts their warm-up	12:00
	Free floor training without music for Friday Gymnasts only	11:45-12:45
	Coaches Briefing - Main Hall – There are changes to the warm-up room facilities this year. Please ensure you attend the meetings so you know which areas are available	12:30-12:40
	Doors open to the public.	12:15
	Judges seated	12:45
	Gymnast Walk On	12:50
	First IAC Competitor competes	13:00
	First RAC Competitor competes	14:10
Medal Ceremony - (Only medallists & those ranked 4 th -6 th are to present themselves for the medal ceremony - dressed in competition attire)	19:20	

NAC National Development, FIG Foundation (all categories) National Development, IW, FIG Age Group IW & TR & Junior IW Qualifications Saturday 25th May	
Judges Briefing Judges room; Hospitality suite (upstairs)	09:20
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.	09:00
First Competitor starts their warm up	09:00
Free floor training without music for <u>gymnasts running order numbers 155 - 212 only</u> NB: No spectators will be allowed into the arena at this time. Only accredited coaches and gymnasts.	08:40- 09:40
Coaches Briefing - Main Hall - There are changes to the warm-up room facilities this year. Please ensure you attend the meetings so you know which areas are available	09:20- 09:35
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 from 213-297</u>	12:05- 13:15
Medal Ceremony – Announcement of Finalists. (Only medallists & those ranked 4 th -6 th are to present themselves for the medal ceremony - dressed in competition attire)	16:50

NAC Age Group, Junior & Senior, Finals FIG ND, Age Group, Junior, Senior - all Categories		
Sunday 26th May	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.	08:30
	Free Floor Training without music for <u>gymnasts that compete before lunch only (running order numbers 298 - 388)</u>	08:10-09:10
	Judges Briefing Judges room, Hospitality suite (upstairs)	08:50
	Coaches Briefing - Main Hall - There are changes to the warm-up room facilities this year. Please ensure you attend the meetings so you know which areas are available	09:00
	First NAC Competitor starts their warm up	08:30
	Doors open to the public	08:45
	Judges seated	09:15
	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>	09:20
	First NAC Competitor competes	09:30
	Lunch	12:45-14:00
	Free Floor Training without music for remaining <u>FIG Gymnasts (running order numbers from 389 Onwards)</u>	12:45-13:45
	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>	13:50
	First FIG Competitor competes	14:00
	Medal Ceremony (Only medallists are to present themselves for the medal ceremony - dressed in competition attire)	17:30

Additional Information

Music Upload

Instructions for how to use the system:

Please follow this link to register to upload music: www.gymdata.co.uk/user-register.aspx?mu=1

You will be asked to provide your name, email address and the name of the club you are associated with along with a password. Once you have entered this information click “Register”. You will be sent an email to the address provided which contains a link which will confirm your registration. You will only need to register once for all future competitions.

Once registered you can login to the Gymdata website www.gymdata.co.uk as shown below:

The screenshot shows the GymData website interface. At the top, there is a navigation menu with the following items: 'Events', 'User Login' (which is highlighted with a mouse cursor), 'The System', and 'Contact Us'. To the right of the navigation menu is a search bar labeled 'Search Event'. Below the navigation menu is a white box containing the 'Gymdata Login' form. The form has two input fields: 'Username' and 'Password'. Below these fields is a 'Login' button. At the bottom of the form, there is a link that says 'Forgot your password? Request a new one.' At the bottom of the page, there is a footer with the text: 'All scores may be subject to change or protest and are provided without guarantee as to their accuracy or completeness.' and '© 2007 - 2021 gymdata.co.uk Website and hosting provided by Elmbrook'.

Once logged in you can find this event on the “Future Events” page and then select the “Upload Music” option.

To upload a gymnast(s) music:

1. Select your club to show a list of gymnasts.
2. Find the gymnast(s) you would like to upload music for.
3. Click 'Choose File' and select the appropriate file from your device.
4. Once uploaded you will be able to play the track to confirm it is correct.

If you accidentally upload the wrong music you can upload another track which will replace the original. Uploaded music can only be played by the user who uploaded it so nobody else will have access to your music.

If you can't find your gymnast(s) please email their music to music@gymata.co.uk as the system may not be updated regularly with changes and late entries.

Please bring a copy of your music to the event (on USB or CD etc) as a backup.

For any problems, please email support@gymdata.co.uk

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.

Qualification

Qualifications for - FIG ND IW, Age Group IW & TR, Junior IW on Saturday 25th May - Finals will take place on Sunday 26th May 2023

There will be the following Final places in the Final. Top 12 or Top 8 Gymnast will Compete in the Finals. Where categories have international competitors there will be a minimum of one representation per nation in each final.

Nat Dev IW – 12 Finalists

Age Group IW - 12 Finalists

Junior IW - 12 Finalists

Age Group TR - 8 Finalists

Club Run On

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

Only Medallists and those ranked 4th-6th 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. Ribbons will be presented to those who place 4th-6th position during the medal ceremony.

We will also present Heathrow Club medals (Closed). Ribbons will be presented to those who place 4th-6th position during the medal ceremony.

Inquiries

An inquiry process will be in place for difficulty scores, as per the FIG code of points.

Judging Panels

There will 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/>

Event - Welfare Officer - Ruth Keane & Louise Fowler

The Event will be Live Streamed (if you have a gymnast, you do not want to be Filmed, please let us know.) Videos will also be available for Purchase.

Sophie's Photography will be on site taking photographs for sale or order:
[Sophie's Photography \(sophiesphotography.co.uk\)](http://sophiesphotography.co.uk)

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

Please pay important attention to the following: Bracknell Sports Centre have requested that we adhere to the following:

Hair must be done in toilets, changing rooms or inside the Venue and not using hairspray in the café. The centre will have staff monitoring this throughout the weekend and asking anyone found to be doing hair in communal areas to move on.

All warmup activities must take place in the specified warm up rooms, not in any corridors or communal areas. Please encourage all children to walk around the venue, please respect that this venue is operating to the general public during our event and Bracknell Leisure Centre want all visitors to have a pleasant experience.

Clubs must ensure their gymnasts are behaving appropriately during the competition, we are required to be in the competition hall or warm up rooms during the event. Gymnasts should not be running around the venue into areas not being used by the competition.



