

2016 Artistic Gymnastics BC Championships



Langley Events Centre
April 15-17, 2016



FINAL SCHEDULE – March 28, 2016

WAG - ADDITIONAL INFORMATION

Age groups Information:

2003-2002 – Athletes born in 2003 and 2002

2005/2001 – "/" indicates Athletes born in 2005, 2004, 2003, 2002 and 2001

Single panel / 8 apparatus: Competition format used for sessions 1 to 5. One set of judges will judge 8 rotations in a row, on 2 sets of apparatus (1 floor). Judges will switch apparatus after each rotation. Coaches are asked to review carefully the warm up process and explain it to their athletes (See in appendix).

For all sessions, gymnasts will not be allowed on the floor until the start of general warm up.

Thursday, April 14, 2016

19:00 - 19:30 WAG: Coaches Technical Meeting

19:30 - 21:30 WAG: Women's Technical Assembly

Friday, April 15, 2016 – Session 1 (single panel / 8 apparatus)

WAG - JO Level 6: 2007-2006 (15), 2005 (25), 2002 (16)

8:00 – 8:20 General warm up WAG

8:00 Judges meeting

8:30 – 11:00 Competition

11:05 Award presentation

Friday, April 15, 2016 – Session 2 (single panel / 8 apparatus)

WAG – JO Level 6 – 2004 (39), 2001/1998 (25)

11:15- 11:35 General warm up

11:15 Judges meeting

11:40 – 14:10 Competition

14:15 Award presentation

Friday, April 15, 2016 – Session 3 (single panel / 8 apparatus)

WAG – **JO Level 6** – 2003 (26), **JO Level 7** – 2007/2004 (34)

14:30- 14:50	General warm up
14:30	Judges meeting
15:00 – 17:30	Competition
17:35	Award presentation

Friday, April 15, 2016 – Session 4 (single panel / 8 apparatus)

WAG – **JO Level 7** – 2003 (30), 2000/1998 (23)

18:00 – 18:20	General warm up
18:00	Judges meeting
18:30 – 20:45	Competition
20:50	Award presentation

Saturday, April 16, 2016 – Session 5 (single panel / 8 apparatus)

WAG – **JO Level 8** – 2005-2004 (12), 2003-2002 (31), 2001/1999 (26)

7:30 – 7:50	General warm up
7:30	Judges meeting
8:00 – 11:15	Competition
11:20	Award presentation

9:30-11:30 MAG: Men's Technical Assembly (New time!)

Saturday, April 16, 2016 – Session 6

WAG – **JO Level 5** – 2008/2006 (30), 2005/2000 (18)
MAG – **Level 3** (39)

11:30 – 11:50	General warm up
11:30	MAG Judges meeting
12:00 – 14:30	Competition
14:35	Award presentation

Saturday, April 16, 2016 – Session 7

WAG – **JO Level 7** - 2002-2001 (36)
MAG – **Level 4** (23), **Elite 4** – Optionals (7), **Elite 3** (7)

14:45 – 15:05	General warm up
14:45	MAG Judges meeting
15:10 – 17:15	Competition
17:20	Award presentation

Saturday, April 16, 2016 – Session 8

WAG – **JO Level 9** - 2002/1997 (21)

MAG – **Novice** Compulsory (1), **Junior** (4), **Senior** (5), **National Open** (12)

17:30 – 18:45 MAG 75 minute Open warm up – The floor will be available for warm up until
18:20, after which, the floor will be reserved for the WAG warm up.
18:20 – 18:40 WAG General warm up
18:45 – 21:00 Competition
21:05 Award presentation

21:00 – 22:00 WAG: Women's Judges Assembly
~~21:15 – 22:30 MAG: Men's Technical Assembly~~ (See Saturday morning for updated time)

Sunday, April 17, 2016 – Session 9

WAG – **JO Level 9** 2005/2003 (24)

MAG – **Level 1** (31)

8:00 – 8:20 General warm up
8:00 Judges meeting
8:30 – 10:30 Competition
10:35 Award presentation

Sunday, April 17, 2016 – Session 10

WAG – **JO Level 10** (18), **HP Novice** (5), **HP Junior** (3), **HP Senior** (4)

MAG – **Level 1** (32)

10:45 – 11:05 General warm up
10:45 MAG and WAG Judges meeting
11:10 – 13:30 Competition
13:35 Award presentation

Sunday, April 17, 2016 – Session 11

WAG – **Aspire 1** (19), **Aspire 2** (12)

MAG – **Level 2** (29), **Elite 4** Compulsory (7), **Novice** Optional (1), **Level 5** (5)

13:45– 15:00 MAG 75 minute Open warm up – The floor will be available for warm up until
14:40, after which, the floor will be reserved for the WAG warm up.
14:40 – 15:00 WAG Warm up
15:05 – 17:30 Competition
17:35 Award presentation

17:30 – 17:30 MAG: MTC meeting (Team Selection for Canadian Championships)
17:30 – 17:30 WAG: WTC meeting (Team Selection for Canadian Championships and Westerns)

APPENDIX 1 - WAG WARM UP INFORMATION

Two types of warm up will be used during BC Champs. Coaches are asked to review the details below and explain the process to their athletes.

Single panel – double apparatus

General information:

After the general warm up, athletes are split on 8 apparatus (side A and side B). After the march in, athletes on side A will start their warm up, then compete. Once competition begins on side A, athletes on side B will start warming up. As soon as competition on side A is done, judges will move to the apparatus on side B; athletes on side B should have completed their warm up and be ready to compete. Athletes on side A then move to their next apparatus and start warming up as soon as it becomes available. They should complete their warm up before the judges return from judging athletes on side B... and so on.

This format is used at most USA competitions. However, in order for this format to work well, coaches must be diligent and remain aware of what is happening on other apparatus during the entire competition.

Specific information:

- It is the coaches responsibility to make sure that the athletes rotate **immediately** after the last athlete in the rotation has competed on a given apparatus.
- It is the coaches and athletes responsibility to make sure that everyone has completed their warm up before the judges return.
- If athletes use different equipment specs (different vault/beam height, different width on UB), coaches must discuss and agree **prior to rotating to their next apparatus** on the most efficient way to warm up and compete.
- Athletes using this competition format will each have a card. Coaches must pick up the cards from the secretary prior to the rotation and hand them in to the secretary at the next apparatus in the correct competition order. If there are more than one club at a given apparatus, coaches must agree and give the cards for the entire rotation to the secretary. The secretary will take the cards and time the warm up. The secretaries will be instructed to place the cards at the end of the table, at the end of each rotation.
- The athletes will not line up in front of the judges (as they judges will be judging on the other set of apparatus). The cards, as submitted by the coaches, will indicate the competition order.
- On V, UB: All warm up will be done in group warm up.
- On BB: it will be a group warm up EXCEPT for the first rotation (rotation 1 of 8 only). In the first rotation (only) the athletes will warm up 2, compete 1, and so on.
- On FX: as soon as they are done on BB, athletes should go to floor and start warm up in between athletes who are competing. Judges will ring a bell to clear the floor. This may be delayed slightly if there was a bottleneck before floor.

Single panel / single set of apparatus

For all other sessions (session 6-11), only 1 set of apparatus will be used for the WAG competition.

Specific information:

- It is the coaches responsibility to make sure that the athletes get ready to rotate **immediately** after the last athlete in the rotation has competed on a given apparatus.
- If athletes use different equipment specs (different vault/beam height, different width on UB), coaches must discuss and agree **prior to rotating to their next apparatus** on the most efficient way to warm up and compete.
- The athletes will not line up in front of the judges.
- On V, UB, BB and FX: All warm up will be done in group warm up. On BB, 5 seconds will be allowed between gymnasts.