Date: Thursday 24th October, 2013

Time: 7:15am – 3.00pm

**ARTISTIC LEVEL 1**
- 10.45AM Arrival
- 11.15AM Warm Up

**ARTISTIC LEVEL 2**
- 10.45AM Arrival
- 11.15AM Warm Up

**ARTISTIC LEVEL 3**
- 12.00PM Arrival
- 12.30PM Warm Up

**RHYTHMIC**
- Beginner Free hand (Group) 8.00AM Arrival
- 8.30AM Compete
- LEVEL 2 (Individuals) 9.00AM Arrival
- 9.30AM Compete
- Intermediate (Group) 10.50AM Arrival
- 11.20AM Compete
- Advanced (Group) 11.50AM Arrival
- 12.20PM Compete

Location: The Sydney Gymnastics and Aquatic Centre, 12 North Parade, Rooty Hill.

Belongings: All gymnasts must keep their bags and belongings in the allocated seating area. No Bags or belongings are to be on the competition floor, they are to remain in the seating area.

Glitter and Hairspray: Any glitter, make-up and hairspray must be applied prior to arrival at the Venue. There is to be no hairspray, make-up or glitter in the venue.

Canteen Facilities: Will be available. No food or drink is permitted on the gym floor.

NSWCIS Gymnastics: The IPSHA competition is the selection trial for the NSWCIS gymnastics competition. In WAG, the top 3 gymnasts on each apparatus in each level from level 3 and above will be selected into the IPSHA team. The gymnasts that place 4th will be the reserves for that specific apparatus.

In RG, selection to the NSW CIS Carnival will be 1st-3rd place for gymnasts in the Advanced Group and apparatus places for International Level 7 and 8. All gymnasts who qualify and are selected will be notified by their school.

Photographer: A professional photographer will be taking photos on the day. Parents are permitted to video or photograph their child only from the stands. Please refrain from flash photography as it can distract competitors.

Results: Results will be emailed to schools after the competition. Results will be announced at the end of each session and ribbons will be sent to Schools.

Uniform: Gymnasts must compete in their school leotard. No bike pants will be allowed. There is a deduction on each apparatus if inappropriate jewellery is worn during the competition.

Spectators: Spectators will need to park in the parking station provided. This is the multi storey carpark for the SGAC.