



# Essendon Keilor Gymnastics Academy

194-194 Roberts Road, Airport West, 3042 | 03 9336 4077  
[www.ekga.com.au](http://www.ekga.com.au) | [gymnastics@ekga.com.au](mailto:gymnastics@ekga.com.au)

## EKGA AWESOME INTERCLUB COMPETITION Sunday August 7<sup>th</sup>

### Session 1 10.00am

Level 1, 2 and 2a Men's Tramp, DMT and Tumble  
Level 1, 2 and 2a Women's Tramp, DMT and Tumble

### Session 2 12.30pm

Level 3, 3s and 4 Men's Tramp and DMT  
Level 3 and 3s Women's Tramp, DMT and Tumble

### Session 3 3.15pm

Level 5 Men's Tramp and DMT  
Level 4 and 5 Women's Tramp, DMT and Tumble

## Competition Information:

### Venue

#### 194-196 Roberts Road, Airport West 3042

EKGA is up the Fullarton Rd end of Roberts Rd, located very close to the Milleara Rd exit to the Calder Freeway. Tumbling will be conducted in building 196 and Tramp and DMT in Building 194. Spectators will be required to switch areas to watch all apparatus.

### Awards

Where there are 8 or more competitors in a Level awards will be presented for both male and female divisions separately. For Levels with 7 or few competitors males and females will be combined for awards. Individual apparatus placing 1<sup>st</sup>—3<sup>rd</sup> Medals 4-6<sup>th</sup> place Ribbons

### Spectators

To ensure we can provide adequate space for social distancing we ask that families bring no more than 2 spectators per athlete. Please **prebook** spectator tickets [HERE](#). Spectator tickets are \$3 per adult. Children 12 and under FREE



### Covid Safety

Masks are encouraged but not compulsory.

If you or any member of your household is displaying any cold, flu or Covid symptoms or has been asked to isolate please DO NOT ATTEND. Refunds will be available under these circumstances.

*To Teach Gymnastics, To Make it Fun and To Keep the Kids Safe!*



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## EKGA AWESOME INTERCLUB COMPETITION Sunday August 7<sup>th</sup> Work order

### Session 1 10.00am Non Equipment Warm up Awards 12.00pm

Session 1	Tramp	DMT	Tumble
10.15am		Level 2	Level 2 a
10.35am	Level 2	Level 2a	Level 1
11.15am	Level 2a	Level 1	Level 2

### Session 2 12.30pm Non Equipment Warm up Awards 2.45pm

Session 2	Tramp	DMT	Tumble
12.45pm	Level 4 Men's	Level 3s	Level 3
1.45pm	Level 3	Level 4 Men's	Level 3s
2.15pm	Level 3s	Level 3	

### Session 3 3.15pm Non Equipment Warm up Awards 6.00pm

Session 3	Tramp	DMT	Tumbling
3.15pm	Level 5 Men	Level 4 Women Level 5 Women	Level 5 Women Level 4 Women
3.55pm	Level 5 Women		
4.35pm	Level 4 Women	Level 5 Men	

**\*\* All times are approximate \*\***

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## Warm Up

**Non equipment warm up:** 15 minutes

**Tramp:** 4 Touches (to be done when each group gets to Tramp)

**DMT:** 4 Passes (to be done when each group gets to DMT)

**Tumbling:** 4 Passes (to be done when each group gets Tumbling)

## Routines

Level 1-3 Routines are as per GV information page. Level 4-5 as per ALP manual.

Videos and routine requirements for level 1-3S can be found [here](#)

## Routine Sheets

Please have your tumbling and tramp routine sheets printed ready to hand in when you arrive.

Copies of sheets can be found [here](#)

## Equipment

Trampoline Euro (roof height is 6.5 meters).

DMT Euro with 13 meter run up

Tumbling 14 meter 30cm air track

## Coaches and Judges

Please ensure you have your working with children check card on you to present on the day.

Refreshments will be provided for coaches and judges. Please advise of any dietary restrictions at least 7 days in advance.

## Panels

Session 1:

Judges panel 1 will do Tramp and DMT- starting with DMT

Judges panel 2 will do Tumble

Session 2:

Judges panel 1 will do Tramp and Tumble- starting with Tumble

Judges panel 2 will do DMT

Session 3:

Judges panel 1 will do Tramp and Tumble- starting with Tumble

Judges panel 2 will do DMT

## Payments to Judges

Payment to Judges will be made via bank transfer the week after the event. Please ensure your judges complete and return the "Statement by supplier" form and the "Bank details" form.

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## Judges Roster

Session 1 10am

<b>Tramp /DMT</b>				
Chair	Execution 1	Execution 2	DD	HD
Sunday	Milly	Ness	Emma	Callum

<b>Tumble</b>		
Chair & E1	Execution 2	DD /Computer
Naomi	Lia	Kim

Session 2 12.30pm

<b>Tramp &amp; Tumble</b>				
Chair	Execution 1	Execution 2	DD	HD (E3 when on Tumble)
Ness	Callum	Lia	Kim	Milly

<b>DMT</b>			
Chair	Execution 1	Execution 2	DD
Glenn	Naomi	Sunday	Emma

Session 3 3.15pm

<b>Tramp &amp; Tumble</b>				
Chair	Execution 1	Execution 2	DD	HD (E3 when on Tumble)
Kim	Callum	Milly	Lia	Sunday

<b>DMT</b>			
Chair	Execution 1	Execution 2	DD
Glenn	Naomi	Emma	Ness

## Panels

Session 1:

Judges panel 1 will do Tramp and DMT- starting with DMT

Judges panel 2 will do Tumble

Session 2 and 3:

Judges panel 1 will do Tramp and Tumble- starting with Tumble

Judges panel 2 will do DMT

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