



ECLIPSE GYMNASTICS INVITATIONAL 2021

ALP 3 - 10

SATURDAY, JULY 31st & SUNDAY, AUGUST 1st, 2021

Phone: 9870 4515

Email: events@eclipsegymnastics.com.au

Dear Coaches & Clubs,

Thank you for entering the Eclipse Gymnastics ALP 3-10 Invitational. We look forward to running an enjoyable competition for all gymnasts, parents, coaches and judges.

Eclipse Gymnastics is a child safe environment committed to the wellbeing, inclusion and empowerment of all children, and has systems in place to protect children. Eclipse Gymnastics has zero tolerance for child abuse.

Please see the attached workorder for your club.

Some important information to remember:

- **Spectators:** Only one spectator per competitor. Spectators will not be permitted entry to the venue until organisers have opened the doors. Please advise parents and gymnasts to stay in their cars until 10 minutes prior to the start of general warm up. **Online booking information will be provided shortly.**
- **Door entry:** Adults \$10.00
- **Coaches meeting:** Will be held 10 minutes prior to the start of warm up in each session.
- **Scoresheets:** For all rotations will be available at the floor managers table prior to the start of each session. These must be filled in before general warm up commences.
- **Competition format:** Warm up/compete.
- **Double Apparatus:** All sessions will be double apparatus. Please note that due to double apparatus, there will **not** be full beam mounting run up of 8 metres available.
- **Please note GREEN & RED apparatus on workorder.**
- **Warm up will consist of the following:**
 - General warm up - 20 minutes for all sessions.
 - Gymnasts will assemble at their first apparatus after general warm up and will be presented to the audience.
 - **ALP Level 3 - 6 - Divisions 1 - 3**
 - Vault - 2 vaults
 - Bars - 30 second 1 touch
 - Beam - 45 second Canadian warm up
 - Floor - 3 minute group warm up
 - **ALP Level 7 - 10 - Divisions 1 & 2**
 - Vault - 2 vaults + 1 extra vault for salto vaults
 - Bars - 4 minute group warm up, 2 touch
 - Beam - 1 minute Canadian warm up
 - Floor - 4 minute group warm up
- **Results:** Copies of results will be handed out to coaches at the end of each session. Results will also be emailed to all clubs and will be available on our website.
- **Presentations:**
 - **Level 3 & 4**
 - Team All Around 1st - 3rd medals
 - Team Apparatus 1st - 3rd rosettes
 - **Levels 5 - 10**
 - Team 1st - 3rd trophy & 1st - 3rd medals
 - Individual All around 1st - 3rd trophy
 - Apparatus 1st - 3rd medals



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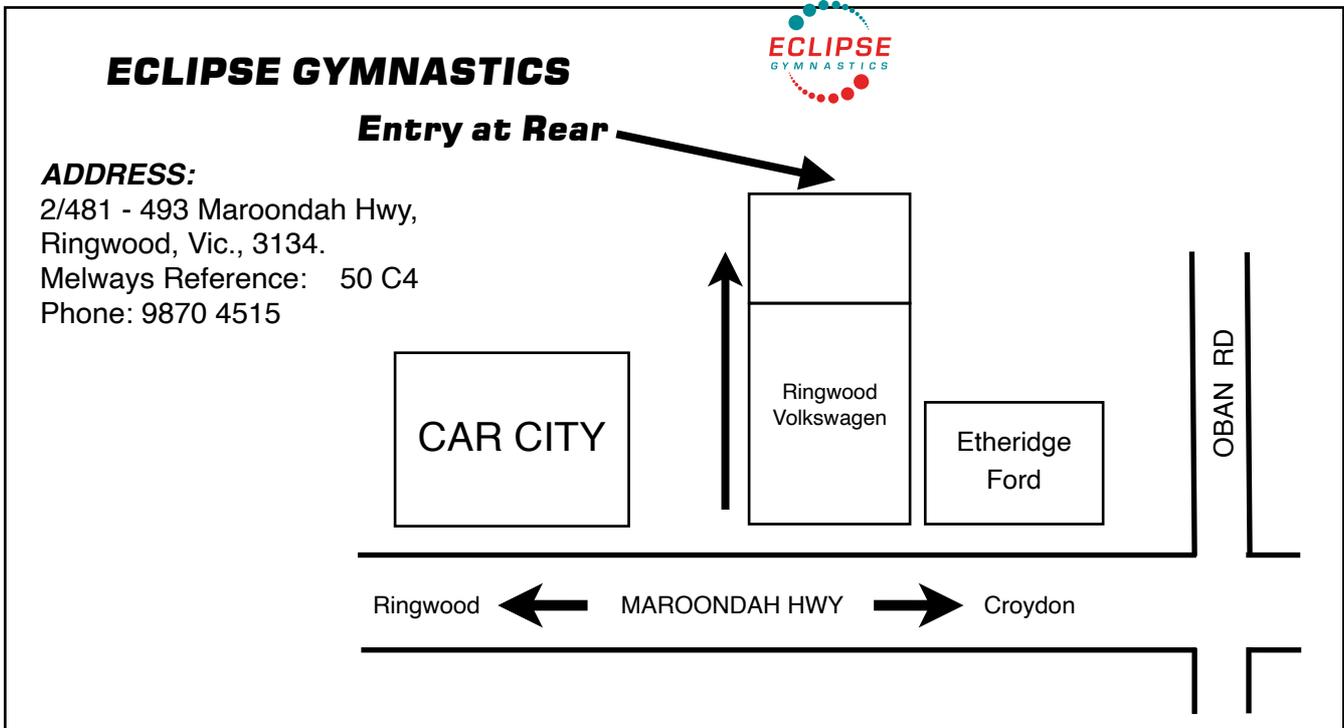
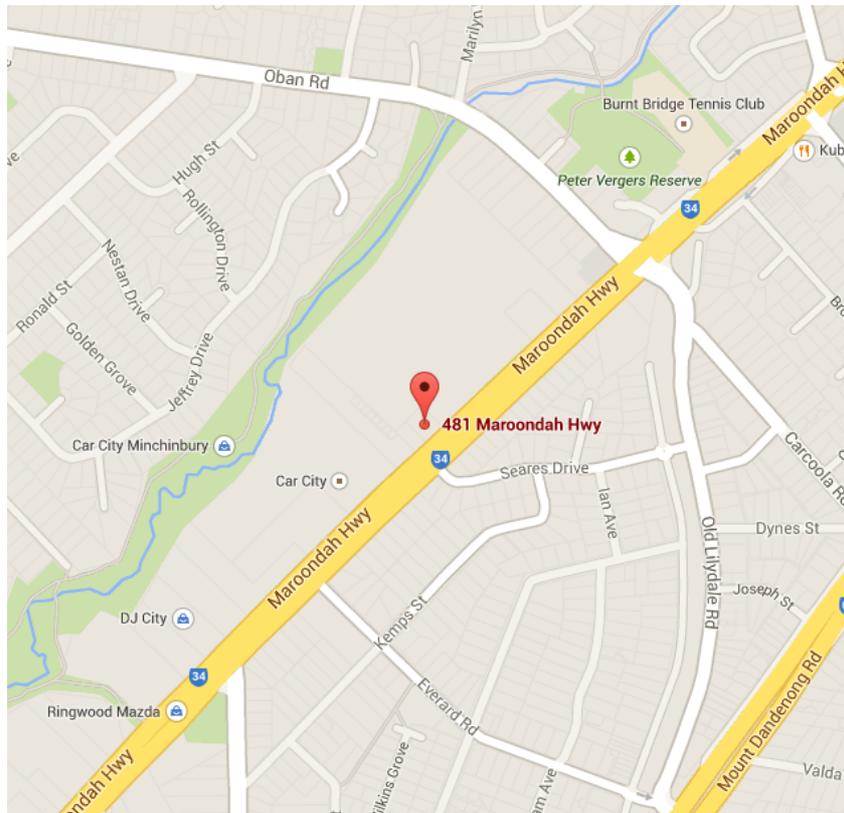
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- **Mixed teams:** Please note there are NO mixed teams for this event.
- **Canteen, Food & Drinks:** There will be a canteen operating throughout the day for spectators. There will be food and hot and cold drinks supplied for all judges. Please see the attached map for directions. We hope that everyone has a successful competition. If you have any queries please contact Tori Ricchetti or David Hill on 9870 4515 or email events@eclipsegymnastics.com.au.

TORI RICCHETTI & DAVID HILL
Competition Directors.

MAP FOR YOUR CONVENIENCE



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COVID SAFE INFORMATION

Coaches & Athletes

- Please do not attend if you have any symptoms.
- Coaches will be required to sanitise hands before entering the gym & check in using the QR code.
- Coaches will be required to wear a face mask throughout the competition, if mandated by Government regulations at the time of the event.
- Please maintain 1.5 metres physical distancing as much as is practical.
- Athletes will be required to sanitise hands before entering the gym and hand sanitiser is available at each apparatus.
- All athletes will be required to bring their own personal mag (chalk) supply and spray bottle, as well as any personal equipment.
- Please leave the venue promptly at the conclusion of the competition.

Judges

- Please do not attend if you have any symptoms. Please let the competition organiser know as soon as possible.
- Judges will be required to sanitise hands before entering the gym & check in using the QR code.
- Judges will be seated 1.5m apart at the apparatus.
- Judges will be required to wear a face mask throughout the competition, if mandated by Government regulations at the time of the event.
- Judges must be seated at the apparatus at the start of General warm-up.
- Please refrain from leaving your table during the competition, as much as possible.
- Water bottles only to be taken onto the competition floor.
- Please leave the venue promptly at the conclusion of the competition.

Spectators

- A maximum of one spectator per competitor will be permitted to attend.
- Please do not attend if you have any symptoms.
- Please sanitise hands before entering the venue & check in using the QR code.
- EFTPOS is preferred for door entry payment.
- Seating will be placed approximately 1.5 metres apart.
- Spectators will not be permitted entry into the venue until General warm-up has commenced. Please wait outside the venue until the warm-up start time.
- Please leave the venue promptly at the conclusion of the competition.