



ECLIPSE GYMNASTICS INVITATIONAL 2025

ALP Level 3 - 10

SATURDAY, AUGUST 30th & SUNDAY, AUGUST 31st, 2025

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:

- **Door entry:** Tickets can be purchased online closer to the competition date. We will communicate when ticket sales are open.
- **Coaches meeting:** Will be held 10 minutes prior to the start of warm up in each session.
- **Scoresheets:** For all rotations - scoresheets 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.
- **Beam mount:** There will **not** be full beam mounting run up of 8 metres available.
- **Bars height adjustment:** Any club that has athletes needing the bars to be **raised** are to contact us to discuss options by **Wednesday, August 6th**. If no contact is made, the bars will not be raised during the competition.
- **Bars mount for Level 7-10:** Run up for low bar mounts is not FIG standard length. Please email us by **Wednesday, August 6th** to request the FIG standard run up. We will arrange for athletes to compete on the other set of bars.
- **Please note GREEN & RED apparatus on the 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.

Level	Level 3 & 4	Level 5	Level 6 & 7	Level 8	Level 9 & 10
Vault	2 vaults			2 vaults or up to 4 vaults for all salto vaults or up to 5 vaults for all twisting salto vaults	
Bars	1 touch		2 touch - 2nd touch Canadian		3 touch - 3rd touch Canadian
Beam	30 seconds - Canadian warm up		60 seconds - Canadian warm up	90 seconds - 30 sec per gymnast then 60 sec Canadian	120 seconds - 60 sec per gymnast then 60 sec Canadian
Floor	2 minute group warm up	3 minute group warm up	4 minute group warm up		5 minute group warm up

- **Results:** Results will be emailed to all clubs and will be available on our website by 4.00pm Tuesday, September 2nd. We will not be printing results for clubs.
- **Presentations:**
 - **Level 3 & 4**
 - Team All Around 1st - 3rd trophy & 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
- **Mixed teams:** Please note there are NO mixed teams for this event.



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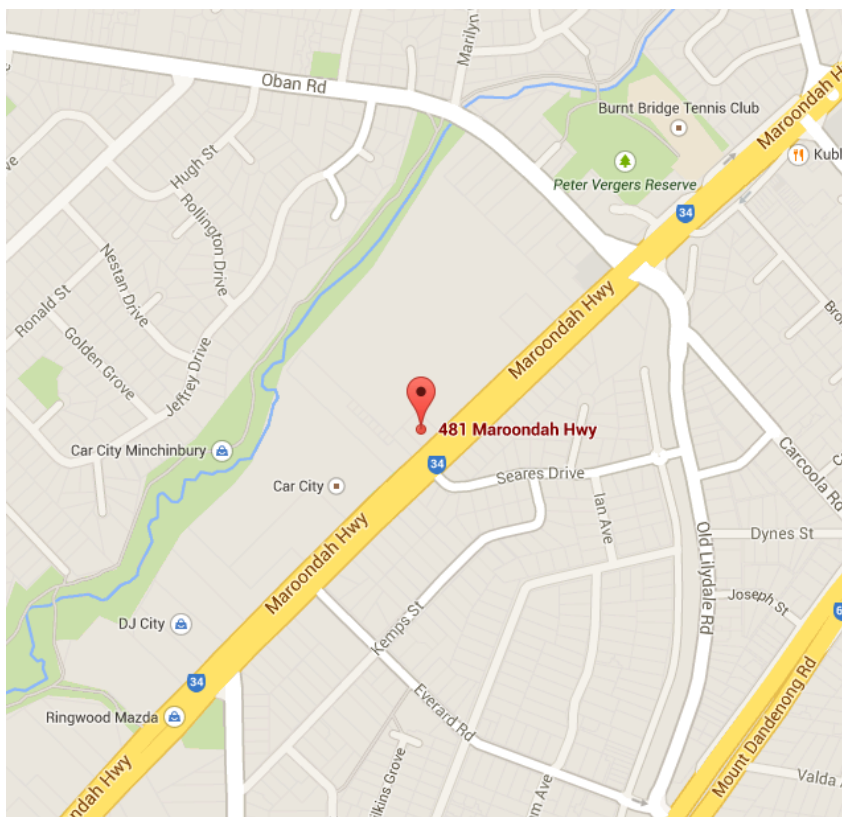
Email: events@eclipsegymnastics.com.au

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

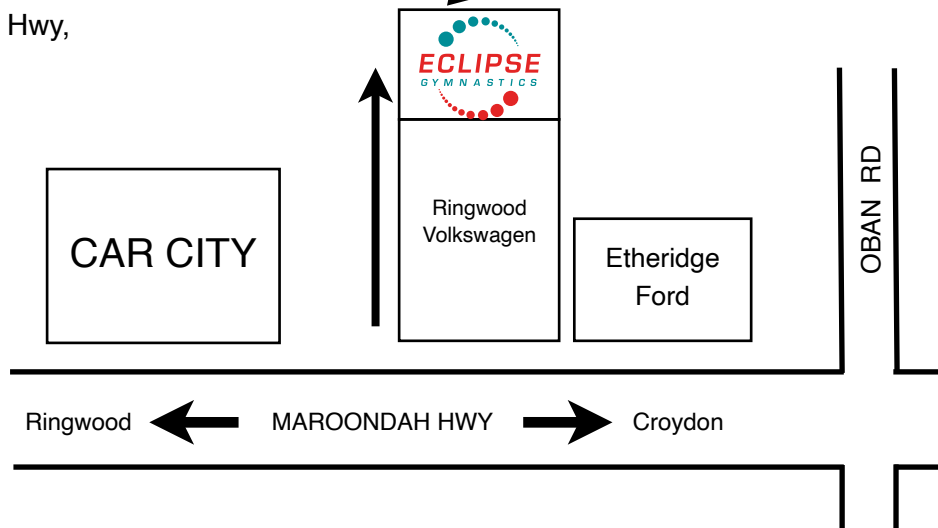


ECLIPSE GYMNASTICS

Entry at Rear

ADDRESS:

2/481 - 493 Maroondah Hwy,
Ringwood, Vic., 3134.



– Striving to Eclipse our best –