



ECLIPSE GYMNASTICS INVITATIONAL 2022
ALP 3 - 10 LIMITED & UNLIMITED
SATURDAY, JULY 23rd & SUNDAY, JULY 24th, 2022

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:** No door entry
- **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.
- **Bars height adjustment:** Any club that has athletes needing the bars to be raised, needs to contact us to discuss options by Friday, July 8th. If there is no contact made, the bars will not be adjusted during the competition.
- **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 - Limited and Unlimited**
 - Vault - 2 vaults
 - Bars - 30 second 1 touch
 - Beam - 45 second Canadian warm up
 - Floor - 3 minute group warm up
 - **ALP Level 7 - 10 - Limited and Unlimited**
 - Extra warm up on apparatus can be requested
 - 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 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.

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.



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MAP FOR YOUR CONVENIENCE

