

# Special Olympics National Games 2018

## Gymnastics Timetable V2 (early start)



### Tuesday 17 April

Time	Activity	Venue
7.30am – 8.30am	Breakfast	Athletes Village
8.45am - 9.15am	Departure to competition venue	Marion Fitness & Leisure Centre
9.45am	Teams Arrive	Marion Fitness & Leisure Centre
9.50am	State Head Coaches briefing	Marion Fitness & Leisure Centre
10.00am	Judges and Officials briefing	Marion Fitness & Leisure Centre
10.00am – 11.30pm	CLOSED SESSION – Warm up & Venue Familiarisation	Marion Fitness & Leisure Centre
10.00 – 10.30am	Stretch	Marion Fitness & Leisure Centre
10.30am – 11.30pm	Full apparatus warmup – WG: 15mins/apparatus, MG: 10mins/apparatus	Marion Fitness & Leisure Centre
11.15am	GymAbility Warmup	Marion Fitness & Leisure Centre
11.30pm – 12.00pm	GymAbility Comp	Marion Fitness & Leisure Centre
12.00pm – 12.05pm	GymAbility Comp Presentation	Marion Fitness & Leisure Centre
11.30pm – 12.00pm	Lunch break and change leotards	Marion Fitness & Leisure Centre Court 3
12.05pm	March on and Welcome Ceremony	Marion Fitness & Leisure Centre Main Gym
12.10pm to 2.00pm	Competition – Men's & Women's Artistic	Marion Fitness & Leisure Centre Main Gym
2.00pm – 2.30pm	Meet and Greet Families & Afternoon Tea	Marion Fitness & Leisure Centre Foyer
2.00pm	Judges Debrief	Marion Fitness & Leisure Centre
2.15pm	Coaches Debrief	Marion Fitness & Leisure Centre
2.30pm	Return to Athletes Village	Athletes Village
6.30pm	Dinner	Athletes Village

### Wednesday 18 April

Time	Activity	Venue
8.00am – 9.00am	Breakfast	Athletes Village
9.00am - 2.00pm**	Departure to competition venue	Marion Fitness & Leisure Centre
10.00am – 11.30am	NSW Training	Marion Fitness & Leisure Centre
11.00am – 12.30pm	QLD Training	Marion Fitness & Leisure Centre
12.00pm -1.30pm	VIC Training	Marion Fitness & Leisure Centre
11.30am – 1.30pm	Return to Athlete Village	Athletes Village
6.30pm	Dinner	Athletes Village

\*\* Transport arrangements dependant – otherwise Training all states at same time 10am to 12pm

## Thursday, 19 April

<b>Time</b>	<b>Activity</b>	<b>Venue</b>
7.00am – 8.00am	Breakfast	Athletes Village
8.30am – 9.00am	Departure to competition venue	Marion Fitness & Leisure Centre
9.30am	Teams Arrive	Marion Fitness & Leisure Centre
9.35am	Coaches briefing	Marion Fitness & Leisure Centre
9.45am	Judges briefing	Marion Fitness & Leisure Centre
9.45am – 11.15am	CLOSED SESSION – Full Apparatus Warmup	Marion Fitness & Leisure Centre
9.45am – 10.15am	Warm-up	Marion Fitness & Leisure Centre
10.15am – 11.15am	Apparatus Warmup – WG 15mins/apparatus, MG 10mins/apparatus	Marion Fitness & Leisure Centre
10.30am – 11.15am	YAP Skills on Basketball Court 1	Marion Fitness & Leisure Centre
11.15am -11.45am	YAP Circuit in Gym and Presentation	Marion Fitness & Leisure Centre
11.15am – 11.45am	Lunch Break and Change Leotard (Court 3)	Marion Fitness & Leisure Centre
11.50am	Special Olympics Gymnasts March On	Marion Fitness & Leisure Centre
11.55am – 1.45pm	Men’s Artistic, Women’s Artistic Competition	Marion Fitness & Leisure Centre
1.45pm – 2.15pm	Presentations	Marion Fitness & Leisure Centre
2.15pm - 2.30pm	Photo Opportunity	Marion Fitness & Leisure Centre
2.30pm	Return to Athletes Village	Athletes Village
7.30pm	Dinner	Athletes Village