

# 15<sup>TH</sup>

## SINGAPORE GYMNASTICS NATIONAL CHAMPIONSHIPS 2024



### EVENT PROGRAMME BOOKLET

Version 1

**Jnr RG – 24-25 February 2024**

**AG Jnr – 3-4 March 2024**

**8 – 17 March 2024**

## Welcome Message

We are delighted to extend a warm welcome to an unprecedented 1,535 athletes participating in the 15th Singapore Gymnastics National Championships 2024, spanning four weekends with a total of 12 competition days, along with three equipment setup and breakdown days and a changeover day. The action kicks off on February 24 with the Junior Rhythmic Gymnastics competition at the Bishan Sports Hall.

This year's National Championships sets a new record for participation. To put it into perspective, in 2019, we had a total of 827 participants. Over the past five years, there has been a remarkable 85.61% increase in participation at the National Championships. This surge underscores the growing popularity of gymnastics, making the Singapore Gymnastics National Championships a must-attend event for both gymnasts and fans. The credit goes to the remarkable efforts of our clubs at the grassroots level.

It's inspiring to witness numerous affiliated clubs and schools uniting to showcase their athletes' skills and compete. With 43 sessions of gymnastics and over 1,770 rhythmic routines, enthusiasts will have ample opportunities to witness their favourite athletes in action.

Anticipate 12 action-packed days of competition filled with thrilling moments that will keep spectators on the edge of their seats. This event once again provides a platform for gymnasts to showcase their hard work and dedication.

We applaud the relentless efforts of our clubs, schools, coaches, and gymnasts who have prepared diligently for the National Championships. We express our wholehearted support for their commitment and passion for our beloved sport. We recognise and appreciate your dedication and look forward to witnessing each athlete achieve their personal best. We are devoted to creating a safe environment for all athletes to have fun, develop skills, learn valuable lessons, and build character.

Singapore Gymnastics has implemented a Child and Youth Safety program, including a Parent and Spectator Policy for all our events. We encourage all parents and caregivers to support coaches, judges, and officials, focusing on their child's efforts and performance, and promoting good sportsmanship.

Gymnastics is a vital component of developing basic athletic skills, serving as the foundation for all sports and recreational activities. Singapore Gymnastics is committed to excellence in developing and promoting quality programs and services that encourage lifelong participation. Events like these build on the basic foundations, providing a showcase opportunity for our talented athletes, coaches, and officials.

We extend our gratitude to Sport Singapore for their ongoing support, fostering the development of athletes from grassroots to elite levels. Special thanks to our sponsors, partners, volunteers, Team Leaders, and staff whose unwavering support ensures the success of this event. Finally, we acknowledge



the clubs, schools, athletes, and parents as the heart of this event. On behalf of Singapore Gymnastics, we thank you for your dedication to the sport and hope you continue to support and encourage every athlete to reach their full potential.

In summary, the 2024 Singapore Gymnastics National Championships promises to be an extraordinary event, showcasing the best of the sport and uniting the gymnastics community. We wish all the athletes the best of luck, and we hope everyone involved has a fantastic time!

Thank you.

Karen Norden

High Performance Technical Director

**Singapore Gymnastics**

## 2024 SCHEDULE OVERVIEW

2024 JNR National Championships				
Version 2	18/2/2024			
24-Feb	25-Feb		3-Mar	4-Mar
Saturday	Sunday		Saturday	Sunday
<b>Session 1</b> <ul style="list-style-type: none"> <li>• RG Level 2 Double panels</li> </ul>	<b>Session 4</b> <ul style="list-style-type: none"> <li>• RGKinder Double panels</li> </ul>		<b>Session 1</b> <ul style="list-style-type: none"> <li>• WAG Level 1 Double panels</li> </ul>	<b>Session 5</b> <ul style="list-style-type: none"> <li>• WAG Level 3</li> </ul>
<b>Session 2</b> <ul style="list-style-type: none"> <li>• RG Level 2 Double panels</li> </ul>	<b>Session 5</b> <ul style="list-style-type: none"> <li>• RG Level 1 Double panels</li> </ul>		<b>Session 2</b> <ul style="list-style-type: none"> <li>• WAG Level 2</li> <li>• MAG Level 1-2</li> </ul>	<b>Session 6</b> <ul style="list-style-type: none"> <li>• WAG Level 3</li> </ul>
<b>Session 3</b> <ul style="list-style-type: none"> <li>• RG Level 2 Double panels</li> </ul>	<b>Session 6</b> <ul style="list-style-type: none"> <li>• RG Level 1 Double panels</li> </ul>		<b>Session 3</b> <ul style="list-style-type: none"> <li>• WAG Level 2</li> </ul>	<b>Session 7</b> <ul style="list-style-type: none"> <li>• WAG Level 3</li> </ul>
			<b>Session 4</b> <ul style="list-style-type: none"> <li>• WAG Level 2</li> </ul>	<b>Session 8</b> <ul style="list-style-type: none"> <li>• WAG Level 3</li> </ul>

2024 National Championships Schedule													
Version 2	18/2/2024												
7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar		16-Mar		17-Mar	
Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday		Sunday	
		Session 4 • WAG Level 4		Gym Challenge								Session 12 • RG Stage 1 Double Panel	Session 2 • TRA National Pathway (NP) Kinder & Level 1
• MAG FIG Junior Podium Training	Session 1 • WAG Level 5	Session 5 • WAG Level 4	Session 8 • WAG Level 6	Change Over		Session 1 • RG Level 3		Session 6 • RG Stage 2		Session 9 • RG Stage 3		Session 13 • RG Level 6/7 Double Panel	Session 3 • TRA National Pathway (NP) Level 2
• WAG FIG Junior Podium Training	Session 2 • WAG Level 5	Session 6 • MAG Level 3-6, Stage 2-5 • WAG Level 4	Session 9 • WAG Level 7-10		Podium Training • RG FIG Junior/Senior	Session 2 • RG Level 3	• RG Level 4	Session 7 • RG FIG Junior IAA Part 1		Session 10 • RG FIG Junior IAA Part 2	• TRA National Pathway (NP) Podium Training	Session 14 • RG FIG Junior IAF	Session 4 & 5 • TRA National Pathway (NP) Level 3 & 4
• MAG FIG Senior Podium Training													
• WAG FIG Senior Podium Training	Session 3 • MAG FIG Senior & Junior – IAA • WAG FIG Senior & Junior – IAA	Session 7 • MAG FIG Senior & Junior IAF Part 1 • WAG FIG Senior & Junior IAF Part 1	Session 10 • MAG FIG Senior & Junior IAF Part 2 • WAG FIG Senior & Junior IAF Part 2		Podium Training • RG FIG Junior/Senior	Session 3 • RG Level 3	Session 5 • RG Level 5	Session 8 • RG IAA FIG Senior Part 1	• TRA Elite Pathway (EP) Podium Training	Session 11 • RG IAA FIG Senior Part 2	Session 1 • TRA Elite Pathway (EP) Competition	Session 15 • RG FIG Junior IAF	Session 6 • TRA National Pathway (NP) Level 5 & 6

## JUNIOR RHYTHMIC GYMNASTICS COMPETITION SCHEDULE

		Start Time	Finish Time	Awards RG	RG Competition
<b>Saturday 24 February</b>	Session 1	8:10	12:30		RG Level 2
	Session 2	13:00	17:20		RG Level 2
	Session 3	18:00	21:24	<b>21:30</b>	RG Level 2 & Level 2 Group Freehand
<b>Sunday 25 February</b>	Session 4	8:00	10:42	<b>10:45</b>	RG Kinder & Kinder Group
	Session 5	11:00	17:02		RG Level 1
	Session 6	17:30	22:02	<b>22:10</b>	RG Level 1 & Level 1 Group Freehand

## JUNIOR ARTISTIC GYMNASTICS COMPETITION SCHEDULE

		Start Time	Finish Time	Awards WAG	WAG Competition	Awards MAG	MAG Competition
<b>Saturday 2 March</b>	Session 1	7:35	10:35	<b>10:50</b>	WAG Level 1		
	Session 2	11:20	14:40		WAG Level 2	<b>14:40</b>	MAG Level 1 & 2
	Session 3	15:10	17:50		WAG Level 2		
	Session 4	18:20	21:40	<b>21:50</b>	WAG Level 2		
<b>Sunday 3 March</b>	Session 5	8:20	10:20		WAG Level 3		
	Session 6	10:45	13:25		WAG Level 3		
	Session 7	14:05	16:25		WAG Level 3		
	Session 8	17:05	20:25	<b>20:40</b>	WAG Level 3		

*Please note that these are competition times and do not include warm up*

## SENIOR ARTISTIC GYMNASTICS COMPETITION SCHEDULE

		Start Time	Finish Time	Awards WAG	WAG	Awards MAG	MAG
Friday 8 March	Session 1	10:50	13:30		WAG Level 5		
	Session 2	14:00	16:40	<b>16:55</b>	WAG Level 5		
	Session 3	19:05	21:25	<b>21:40</b>	FIG Snr & Jnr IAA	<b>21:50</b>	FIG Snr & Jnr IAA
Saturday 9 March	Session 4	8:50	11:30		WAG Level 4		
	Session 5	12:00	14:40		WAG Level 4		
	Session 6	15:10	17:50	<b>18:05</b>	WAG Level 4	<b>18:25</b>	MAG Level & Stages
	Session 7	19:30	20:50	<b>21:05</b>	FIG Jnr & Snr IAF part 1	<b>21:15</b>	FIG Jnr & Snr IAF part 1
Sunday 10 March	Session 8	9:30	11:30	<b>11:45</b>	WAG Level 6		
	Session 9	13:10	15:10	<b>15:25</b>	WAG Level 7-10		
	Session 10	17:00	18:20	<b>18:35</b>	FIG Jnr & Snr IAF Part 2	<b>18:45</b>	FIG Jnr & Snr IAF Part 2

*Please note that these are competition times and do not include warm up*

## SENIOR RHYTHMIC GYMNASTICS COMPETITION SCHEDULE

		Start Time	Finish Time	RG Awards	Competition
Wednesday, 13 March 2024	Session 1	8:30	13:00		RG Level 3
	Session 2	13:30	18:00		RG Level 3
	Session 3	18:30	20:45	<b>20:45</b>	RG Level 3
Thursday, 14 March 2024	Session 4	8:20	16:11	<b>16:30</b>	RG Level 4
	Session 5	17:00	20:42	<b>20:45</b>	RG Level 5
Friday, 15 March 2024	Session 6	8:30	16:30	<b>16:45</b>	Stage 2
	Session 7	17:30	19:08		Jnr FIG Part A
	Session 8	19:20	21:25		Snr FIG Part A
Saturday, 16 March 2024	Session 9	8:30	16:50	<b>17:00</b>	Stage 3
	Session 10	17:30	19:05	<b>19:15</b>	Jnr FIG Part B
	Session 11	19:30	21:30	<b>21:40</b>	Snr FIG Part B
Sunday, 17 March 2024	Session 12	8:20	12:45	<b>12:55</b>	Stage 1
	Session 13	13:15	17:10	<b>17:25</b>	RG Level 6 & 7
	Session 14	18:00	19:40	<b>19:50</b>	Jnr IAF
	Session 15	20:00	21:40	<b>21:50</b>	Snr IAF

*Please note that these are competition times and do not include warm up*



## TRAMPOLINE COMPETITION SCHEDULE

		Start Time	Finish Time	Awards	Competition
Saturday, 16 March 2024	Session 1A	16:00	16:550		FIG, All Age Groups
	Session 1B	17:05	17:20	<b>17:30</b>	Synchro - FIG, All Age Groups
Sunday, 17 March 2024	2A	08:30	09:30		Kinder, Level 1, Women's 12 and Under
	2B	09:30	10:15		Level 1, Women's 13 and Over
	2C	10:15	11:00		Level 1, Women's 13 and Over
	3A	11:00	11:45		Level 2, Women's 12 and Under
	3B	11:45	12:30		Level 2, Men's 8 and Over Level 2, Women's 13 and Over
	3C	12:30	13:00	<b>13:15</b>	Synchro - Level 1, Level 2
	4A	13:40	14:25		Level 3, Men's 12 and Under Level 3, Women's 12 and Under Level 3, Men's 13 and Over
	4B	14:25	15:15		Level 3, Women's 13 and Over
	4C	15:15	16:00		Level 3, Women's 13 and Over
	5A	16:00	16:50		Level 4, All Age Groups
	5B	16:50	17:20	<b>17:30</b>	Synchro - Level 3, Level 4
	6A	18:00	19:15		Level 5, All Age Groups Level 6, All Age Groups Open, All Age Groups
	6B	19:15	19:30	<b>19:40</b>	Synchro - Level 5, Level 6

# 2024 NATIONAL CHAMPIONSHIPS AWARDS CEREMONY SCHEDULE

## Jnr AG & RG National Championships

Saturday 24 February	21:30	RG Level 2 IAA, IAF, Team & Group
Sunday 25 February	10:45	RG Kinder IAA, IAF, Team & Group
Sunday 25 February	22:10	RG Level 1 IAA, IAF, Team & Group
Saturday 2 March	10:50	WAG Level 1 IAA, IAF & Team
Saturday 2 March	14:40	MAG Level 1 & 2 IAA, IAF & Team
Saturday 2 March	21:50	WAG Level 2 IAA, IAF & Team
Saturday 3 March	20:40	WAG IAA, IAF & Team

## Snr AG & RG National Championships

Friday 8 March	16:55	WAG level 5 IAA, IAF & Team
Friday 8 March	21:40	WAG FIG Jnr/Snr IAA
Friday 8 March	21:50	MAG FIG Jnr/Snr IAA
Saturday 9 March	18:05	WAG Level 4 IAA, IAF & Team
Saturday 9 March	18:25	MAG Level 3, 4, 5 & Stage 3,4,5 IAA & IAF
Saturday 9 March	21:05	WAG FIG Jnr/Snr IAF Vault & Uneven Bars
Saturday 9 March	21:15	MAG FIG Jnr/Snr IAF Floor, Pommel Horse & Still Rings
Sunday 10 March	11:45	WAG Level 6 IAA, IAF & Team
Sunday 10 March	15:25	WAG Level 7 IAA, IAF & Team + WAG Level 8, 10 IAA & IAF
Sunday 10 March	18:35	WAG FIG Jnr/Snr IAF Beam & Floor
Sunday 10 March	18:45	MAG FIG Jnr/Snr IAF Vault, P Bars & H Bar
Wednesday 13 March	20:45	RG Level 3 IAA, IAF, Team & Group
Thursday 14 March	16:30	RG Level 4 IA, IAF & Team
Thursday 14 March	20:45	RG Level 5 IAA, IAF & Team
Friday 15 March	16:45	RG Stage 2 IAA, IAF & Team
Saturday 16 March	17:00	RG Stage 3 IAA, IAF & Team
Saturday 16 March	19:15	RG FIG Jnr IAA
Saturday 16 March	21:40	RG FIG Snr IAA
Sunday 17 March	12:55	RG Stage 2 IAA, IAF & Team
Sunday 17 March	17:25	RG Level 6 IAA, IAF & Team + Level 7 IAA & IAF
Sunday 17 March	19:50	RG FIG Jnr IAF
Sunday 17 March	21:50	RG FIG Snr IAF

## TRA National Championships

Saturday 16 March	17:30	TRA FIG and Age Groups
Sunday 17 March	13:15	TRA Kinder, Level 1 & 2
Sunday 17 March	17:30	TRA Level 3 & 4
Sunday 17 March	19:40	TRA Level 5 & 6

MAG – Men’s Artistic Gymnastics

WAG – Women’s Artistic Gymnastics

TRA – Trampoline Gymnastics

RG – Rhythmic Gymnastics

IAA – Individual All Around

IAF – Individual Apparatus Finals