



Gymnastics
New South Wales

NL1

			VAULT	BARS	BARS	BARS	BEAM	BEAM	BEAM	FLOOR	FLOOR	FLOOR
			From standing on 60cm box step down to a board, immediate straight jump to land on 30cm mat, arms start down and behind hips and lift to vertical at peak of jump. Arms forward horizontal on landing.	Grasp LB, hold dish shape for 2 seconds, bent knee swing x 2 with re-grasp (start can be from the floor or board or 20cm box)	Casts x 2 in series (hips off bar in casts)	Roll forward through controlled tuck hang to stand	4 x walk forwards (point step weight transfer)	Half turn on 2 feet	Straight jump dismount from end of beam	Tuck forward roll	Step into straight jump, immediate rebound into straight jump	Tuck jump
Club	1st Name	Surname	1	2	3	4	5	6	7	8	9	10
Armidale	Morton	Vera	Blue	Green	Blue	Red	Red	Green	Red	Red	Blue	Blue
Armidale	Pande	Aastha	Blue	Yellow	Blue	Green	Red	Red	Blue	Blue	Blue	Blue
Bunnerong	Chilton	Ella	Red	Red	Green	Orange	Red	Green	Blue	Red	Red	Red
Bunnerong	Ehrlich	Betty	Red	Green	Green	Red	Red	Green	Blue	Blue	Red	Blue
Bunnerong	Ma	Ella	Red	Red	Blue	Red	Blue	Green	Blue	Blue	Blue	Blue
Bunnerong	Taylor	Mackenzie	Red	Green	Red	Blue	Blue	Red	Blue	Green	Blue	Blue
D'Vine	Al-Refaei	Medina	Blue	Green	Blue	Green	Blue	Yellow	Blue	Blue	Red	Blue
D'Vine	Bailey	Maddison	Blue	Yellow	Green	Green	Red	Green	Red	Red	Blue	Red
D'Vine	Beazley	Noah	Blue	Green	Blue	Blue	Blue	Red	Blue	Red	Blue	Blue
D'Vine	Coetzee	Elminique	Red	Green	Green	Red	Red	Green	Blue	Blue	Green	Red
D'Vine	Green	Lucia	Red	Yellow	Red	Green	Red	Yellow	Blue	Red	Red	Blue
D'Vine	Kline	Madison	Green	Red	Green	Red	Blue	Yellow	Green	Blue	Blue	Green
D'Vine	Paranthoiene	Pippa	Red	Green	Red	Blue	Green	Red	Red	Blue	Red	Red
D'Vine	Paranthoiene	Summer	Green	Green	Green	Green	Red	Green	Green	Green	Red	Red
D'Vine	Thomson	Kate	Red	Green	Green	Red	Red	Yellow	Green	Green	Blue	Red
D'Vine	Walker	Ella	Green	Green	Green	Green	Red	Orange	Green	Green	Red	Red
D'Vine	Zammit	Elle	Green	Green	Green	Blue	Red	Yellow	Red	Red	Blue	Blue
D'Vine	Cassisi	Eleanor	Blue	Red	Blue	Red	Blue	Red	Blue	Red	Blue	Blue
D'Vine	Dzevlan	Ava-Lee	Blue	Green	Blue	Red	Blue	Green	Blue	Red	Blue	Blue
D'Vine	Evans	Chloe	Blue	Green	Red	Green	Blue	Red	Blue	Red	Red	Blue
D'Vine	Grimson	Harper	Blue	Red	Blue	Blue	Blue	Green	Blue	Red	Red	Blue
D'Vine	Grimson	Willow	Blue	Green	Blue	Red	Blue	Blue	Blue	Red	Blue	Red
D'Vine	Hunt	Ayla	Blue	Green	Red	Green	Blue	Blue	Blue	Blue	Red	Red
D'Vine	Hutchinson	Ava	Blue	Green	Red	Red	Red	Red	Red	Red	Blue	Red
D'Vine	Rojas	Sofia	Blue	Red	Blue	Red	Blue	Blue	Blue	Red	Blue	Blue
D'Vine	Simms	Evie	Blue	Green	Blue	Red	Blue	Green	Blue	Red	Blue	Blue



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Club	1st Name	Surname	1	2	3	4	5	6	7	8	9	10
D'Vine	Williamson	Taylor	Red	Green	Blue	Green	Red	Green	Red	Green	Red	Blue
D'Vine	Willis	Charlotte	Blue	Green	Blue	Green	rb	Red	Blue	Red	Blue	Blue
D'Vine	Wilt	Belle	Red	Green	Blue	Blue	Blue	Red	Red	Blue	Green	Red
D'Vine	Younan	Anastasia	Blue	Blue	Blue	Green	Blue	Red	Blue	Blue	Blue	Blue
Gladesville	Garcia Smith	Chiara	Blue	Blue	Blue	Blue	Blue	Red	Blue	Blue	Blue	Blue
Gladesville	Ironfield	Leah	Red	Green	Red	Green	Blue	Green	Blue	Green	Blue	Blue
Gladesville	Satara	Lyla	Blue	Red	Blue	Red	Blue	Red	Red	Blue	Blue	Blue
Gladesville	Wang	Anne	Blue	Green	Red	Blue	Blue	Green	Blue	Blue	Blue	Blue
Glebe	Cutcliffe	Tallulah	Red	Red	Blue	Blue	Blue	Green	Blue	Blue	Blue	Blue
Glebe	McComb	Harper	Blue	Green	Blue	Green	Blue	Red	Red	Blue	Red	Blue
Glebe	Odell	Ottilie	Red	Red	Blue	Green	Blue	Red	Red	Blue	Blue	Blue
Gymtastic	Alatli	Ivy	Green	Red	Blue	Red	Blue	Green	Blue	Red	Red	Red
Gymtastic	Franklin	Ellie	Green	Green	Green	Green	Blue	Yellow	Red	Green	Blue	Green
Gymtastic	Graham	Frankie	Green	Yellow	Green	Green	Blue	Yellow	Green	Green	Green	Green
Mudgee	Kapela	Annabelle	Blue	Green	Green	Blue	Blue	Red	Blue	Blue	Blue	Blue
TGR	Dodd	Aleyna	Red	Green	Red	Green	Blue	Green	Red	Blue	Red	Blue
TGR	Goosen	Dejancke	Blue	Green	Red	Green	Blue	Red	Red	Blue	Red	Blue
TGR	Krigstein	Charlotte	Red	Green	Green	Red	Blue	Red	Red	Red	Red	Blue