



# 2012 Zone 6 - Artistic Gymnastics

## STAFF & Technical officials


Designation	Name
LOC Chairman	Tseko Mogotsi
Discipline manager	Allan Chadwick
Director of Judging - WAG	Liezel Bouch
Judge WAG – Panel 1	Saartjie Baumbach
Judge WAG - Panel 1	Palesa Bolofo
Judge WAG - Panel 1	Zimbabwe
Judge WAG - Panel 1	
Judge WAG - Panel 2	Lillian Standaar
Judge WAG - Panel 2	Bea Lindeque
Judge WAG - Panel 2	
Judge WAG - Panel 2	
Director of Judging - MAG	Grahame Fiddler
Judge MAG – Panel 1	Andrew Ntuli
Judge MAG – Panel 1	Namibia
Judge MAG – Panel 1	
Judge MAG – Panel 2	Maxwell Dube
Judge MAG – Panel 2	Wiseman Thwala
Judge MAG – Panel 2	Zimbabwe
Announcer	Anton Lubbe
Music Player	
Scoring & Results	Michelle Sheppard
Scoring & Results - assistant	Izelke de Bruin
Marshal & ceremonies	Mandy Rae

# PROGRAM

**Sunday 9<sup>th</sup> December**


**MEN'S ARTISTIC -TRAINING – 17h00 > 19h00**  
**Matsport Centre**

ALL Teams – Open training

	TIME	FX	PH	SR	VT	PB	HB
							

**WOMEN'S ARTISTIC – TRAINING – 17h00 > 19h00**  
**Matsport Centre**


ALL Teams – Open training

	TIME	VT	UB	BB	FX
					

## Monday 10<sup>th</sup> December


### WOMEN'S ARTISTIC – Poduim Training Pre Junior – 11h00 – 14h00 Matsport Centre

11h00      Body Warm Up  
11h30      Apparatus Training  
13h30      Warm down

	TIME	VT	UB	BB	FX
	11h30	W1	W2		
	12h00	W2	W1		
	12h30			W2	W1
	13h00			W1	W2

### WOMEN'S ARTISTIC – Poduim Training Junior&Senior-14h00 – 17h00 Matsport Centre


14h00      Body Warm Up  
14h30      Apparatus Training  
16h30      Warm down

	TIME	VT	UB	BB	FX
	14h30	W1	W2		
	15h00	W2	W1		
	15h30			W2	W1
	16h00			W1	W2

## Monday 10<sup>th</sup> December


### MEN'S ARTISTIC – Poduim Training Pre Junior – 11h00 – 14h00 Matsport Centre

11h00      Body Warm Up  
11h30      Apparatus Training  
13h30      Warm down

	TIME	FX	PH	SR	VT	PB	HB
	11h30	M1	M2				
	11h50	M2	M1				
	12h10			M2	M1		
	12h30			M1	M2		
	12h50					M1	M2
	13h10					M2	M1

### MEN'S ARTISTIC – Poduim Training Junior&Senior-14h00 – 17h00 Matsport Centre


14h00      Body Warm Up  
14h30      Apparatus Training  
16h30      Warm down

	TIME	FX	PH	SR	VT	PB	HB
	14h30	M1	M2				
	14h50	M2	M1				
	15h10			M2	M1		
	15h30			M1	M2		
	15h50					M1	M2
	16h10					M2	M1

## Tuesday 11<sup>th</sup> December

### WOMEN'S ARTISTIC – COMPETITION PRE JUNIOR – 09h00 – 12h45 Matsport Centre


09h00	Grouping & Body Warm Up
09h15	Apparatus Warm up 15 min rotations in reverse order
09h15	Judges meeting & tea
10h15	Judges March on , Judges oath & gymnasts report to HJ
10h20	Competition
12h30	Prize giving

	TIME	VT	UB	BB	FX
	10h20	W1/P1	W2/P2		
	10h45	W2/P1	W1/P2		
	11h10			W1/P1	W2/P2
	11h35			W2/P1	W1/P2

W1 = South Africa & Zimbabwe  
W2 = Namibia

### MEN'S ARTISTIC – COMPETITION PRE JUNIOR - 09h00 – 12h45 Matsport Centre

09h00	Grouping & Body Warm Up
09h15	Apparatus Warm up 10 min rotations in reverse order
09h15	Judges meeting & tea
10h15	Judges March on , Judges oath & gymnasts report to HJ
10h20	Competition
12h30	Prize giving


	TIME	FX	PH	SR	VT	PB	HB
	10h20	M1/P1	M2/P2				
	10h40	M2/P1	M1/P2				
	11h00			M2/P1	M1/P2		
	11h20			M1/P1	M2/P2		
	11h40					M1/P1	M2/P2
	12h00					M2/P1	M1/P2

M1 = Namibia & Zimbabwe  
M2 = South Africa

## Tuesday 11<sup>th</sup> December

### WOMEN'S ARTISTIC-COMPETITION JUNIOR&SENIOR-13h00 – 18h00 Matsport Centre

13h00 Grouping & Body Warm Up  
 13h15 Apparatus Warm up 15 min rotations in reverse order  
 13h00 Judges meeting & lunch  
 14h15 Judges March on , Judges oath & gymnasts report to HJ  
 14h20 Competition (1 touch warm up controlled by head judge)  
 18h00 Prize giving


	TIME	VT	UB	BB	FX
	14h20	W1	W2		
	14h55	W2	W1		
	15h30			W2	W1
	16h05			W1	W2

W1 = Namibia & South Africa – Senior teams

W2 = Namibia & South Africa – Junior teams

### MEN'S ARTISTIC – COMPETITION JUNIOR & SENIOR - 13h00 –18h00 Matsport Centre

13h30 Grouping & Body Warm Up  
 13h15 Apparatus Warm up 10 min rotations in reverse order  
 13h00 Judges meeting & lunch  
 14h15 Judges March on , Judges oath & gymnasts report to HJ  
 14h20 Competition (1 touch warm up controlled by head judge)  
 18h00 Prize giving

	TIME	FX	PH	SR	VT	PB	HB
	14h20	M1	M2				
	14h55	M2	M1				
	15h30			M2	M1		
	16h05			M1	M2		
	16h40					M1	M2
	17h15					M2	M1

M1 = South Africa & Mozambique (senior & junior)

M2 = Namibia & Zimbabwe (senior & junior)