

KNOX Masters 2026

Saturday 8th August

291 George Street, Wantirna South, 3152

We're located to the right, just inside the main entrance, opposite the cafe.

Schedule

4:00pm	General Warm-up
4:30pm	Apparatus Warm-up
5:00pm	Competition Start
~7:30pm	Awards

Floor Music:

Anyone with floor music, please email a mp3 copy to andrew@knoxgymnastics.org.au
We will have this setup and tested on a laptop.
But having a USB backup is always recommended.

Apparatus Warm-Up

- Floor – 3 minutes
- Vault & Mini-Tramp – 2 attempts
- All other apparatus – Judge's discretion (Canadian / One-touch / group).

Apparatus Selection

If you need make additions or modifications to your apparatus selection, please do so as soon as possible so I have time to make the adjustments.

Awards Presentation:

- Individual Apparatus - 1st to 3rd Ribbons in each division.
- Individual Overall - 1st to 3rd Medals in each Division.

We will be running double podium to speed up presentations

Spectators:

Entry \$5

Tickets will be available for purchase with cash and EFTPOS at the door

Food:

The centre does have a café offering snacks, hot food and drinks.

Café will be available till about ~6:30pm

If you have any questions, concerns or comments please contact me at: andrew@knoxgymnastics.org.au

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Work Order

Sat, 8th August (4pm Warm-up, 5pm Start)

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Group 1			Group 5		
Anelie Crighton	Knox	Beg	Emily Breslin	Brighton Rec	Int 30+
Hasna Said	Knox	Int U30	Nicole Remy	Brighton Rec	Int U30
Tabitha Reed	Knox	Int 41+	Susannah Menich	Brighton Rec	Int 30+
Robyn Dowser	Maffra	Int 41+	Yogarajh Velu	Brighton Rec	Beg 30+
Lona Green	Ballarat	Int U30			
Peta Glenn	Ballarat	Int U30			
Group 2			Group 6		
Amelia Sykesj	Geelong YMCA	Int 30+	Alexandra, Morris	Moonee Valley	Beg 30+
Brooke Baldock	Geelong YMCA	Beg U30	Kelly, Schofield	Moonee Valley	Int 30+
Olivia Phillips	Geelong YMCA	Int U30	Louisa D'Ortenzio	Moonee Valley	Int 30+
Rhianna Shearer	Geelong YMCA	Beg U30	Sarah, Ostrowski	Moonee Valley	Int U30
Group 3			Group 7		
Eva Baton	Peak	Beg U30	Charlotte Smart	Nunawading	Int U30
Catrin, Watkins	Peak	Int U30	Eloise Klassen	Nunawading	Int U30
Georgie Wilkinson	Peak	Int U30	Katja van Praag	Nunawading	Int 41+
Ruby Crotty	Peak	Int 30+	Patrick Mastalerz	Nunawading	Adv U30
			Breanna Pruszk	Gym. Unlimited	Int U30
Group 4					
Angela Sharp	Peak	Int 41+			
Hattie Chatt	Peak	Adv U30			
Margi Riddington	Peak	Adv 30+			
Clara Stockdale	Balance	Adv 30+			

Rotations

Rot.	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7
1	HBar + Rings	Floor	Mini-Tramp	Uneven bars	Vault	Pbars + Pml	Beam
2	Beam	HBar + Rings	Floor	Mini-Tramp	Uneven bars	Vault	Pbars + Pml
3	Pbars + Pml	Beam	HBar + Rings	Floor	Mini-Tramp	Uneven bars	Vault
4	Vault	Pbars + Pml	Beam	HBar + Rings	Floor	Mini-Tramp	Uneven bars
5	Uneven bars	Vault	Pbars + Pml	Beam	HBar + Rings	Floor	Mini-Tramp
6	Mini-Tramp	Uneven bars	Vault	Pbars + Pml	Beam	HBar + Rings	Floor
7	Floor	Mini-Tramp	Uneven bars	Vault	Pbars + Pml	Beam	HBar + Rings

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