

# Continuous competition meet format – “GymFest”

## *Purpose:*

*This format was created to maximize the number of athletes who can compete in one day in a one gym setup, with a smaller separate general warm-up space.*

## Sample Format:

- 8:00 am: Gym opens: General warm-up for session 1 athletes.
- 8:20 am: “Hot Seat” group (All Flight A Beam and 1<sup>st</sup> 6 on Floor) proceed to their first event for timed warm-up
- For the first session, a choice is given to the athletes starting on Beam to choose their time as normal on their competitive beam; or half the time plus 1 minute on both beams
- 8:28 “Hot Seat” athletes return to the warm-up area, where the other athletes are now already staged for march-in. (Actual time depends on number of athletes / levels in session)
- 8:30 March in and National Anthems!
- 8:37 Competition starts: Flight A Beam and Flight A Floor begin competition immediately with no additional warm-up. The 7<sup>th</sup> girl on floor begins her bump in.  
Flight A Bars and Flight A Vault begin timed warm-up on their equipment. Flight B Beam begins their timed warm-up on the Flight B equipment.

**The rest of the session proceeds as normal, with the judges moving back and forth between the apparatus as normal.**

- 9:30 am: Session 2 athletes check in
- 9:50 am: Session 2 athletes begin general warm-up in the warm-up area
- 10:15 am: As the Flight B Beam and Flight B Floor begin their last event, and the judges move to the Flight B equipment, the Hotseat “Flight A” athletes from Session 2 head out and begin their timed warm-up on the Flight A equipment (exactly as if they were the next rotation in the current meet). The floor athletes bump in and warm-up as normal. (Actual time depends on number of athletes / levels in session)

**As soon as they finish warm-up (approximately 10:25, but actual time depends on number of athletes / levels in session), all return to the staging area.**

- 10:27 am: Session 1 finishes – usually, because we have eliminated the inevitable Beam and Floor warm-up, all four events finish within 1 – 2 minutes of each other – bars and vault still finish first, but not by the 18 – 20 minutes that normally happens!
- 10:27 am: As soon as the last athlete finishes, we thank them, send them to the awards area, and immediately do march-in for Session 2, which then proceeds exactly as above, etc.

## **Judging: judges still paid total judging time**

An extra ½ panel of judges is brought in, and swap out ½ of each panel every session, so the judges work 2 out of every 3 sessions, but because we are now able to run more sessions (often 6 sessions per day), the total amount of sessions they judge over the weekend is about the same as if they did a “standard” format with breaks, etc., but now they don’t actually have to judge all day, as our sessions run very fast.

# Report: Continuous Competition format

Level/Division	# of gymnasts	Scheduled/ Actual March/Comp time	Projected/Actual Finish time	Total Time: (Proj/Act)
3	53	3:30/3:22/3:31	5:15/4:54	1:45/1:32
XS/XG	93	5:15/5:12/5:20	8:00/7:39	2:45/2:19
Level/Division	# of gymnasts	Scheduled/ Actual March/Comp time	Projected/Actual Finish time	Total Time: (Proj/Act)
6	63	8:30/8:30/8:35	10:40/10:43* (*Equipment problem cost 9 minutes)	2:05/2:08
7	60	10:40/10:45/10:53	12:50/12:53	2:05/2:00
7	60	12:50/12:55/1:02	2:55/3:06	2:05/2:11
8	36	3:00/3:08/3:14	4:40/4:57	1:40/1:49
8	37	4:40/4:58/5:05	6:20/6:42	1:40/1:37
9/10	42/21=63	6:20/6:43/6:51	9:20/9:41	3:00/2:58
Level/Division	# of gymnasts	Scheduled/ Actual March/Comp time	Projected/Actual Finish time	Total Time: (Proj/Act)
XP/D	46/9	8:30/8:25/8:34	10:05/10:15	1:40/1:50
5	61	10:10/10:16/10:26	12:10/12:05	2:00/1:39
6	63	12:10/12:10/12:13	2:15/2:04	2:05/1:51
4	88	2:15/2:15/2:21	5:00/4:42	2:45/2:27
Big Show	Event Finals!	6:05/6:10	9:15/9:02	3:10/2:52
Level/Division	# of gymnasts	Scheduled/ Actual March/Comp time	Projected/Actual Finish time	Total Time: (Proj/Act)
XB/L2	63/31=94	8:30/8:25/8:31	10:45/10:32	2:20/2:07
3	66	10:45/10:36/10:41	12:30/12:27	1:45/1:42
XS/XG	39/32=71	1:00/1:00/1:07	3:15/3:05	2:15/2:05
4	57	3:15/3:10/3:21	5:45/5:00	2:30/1:45