

Saturday 9:00 & 13.00
Sunday 9:30 & 12:30
Competition Routines

<p>Floor Routine 1 (9.70)</p> <ul style="list-style-type: none"> • Forward Roll to Standing • Straight Jump • Balance on 1 foot (3 Secs) • 3 Bunny Hops • ½ Turn Jump • Tuck Shape, Lie Down • Bridge (3 sec) • Pike Fold or Japana (3 sec) • Rock to Stand Up • Star Jump 	<p>Bench Routine 1 (9.70)</p> <ul style="list-style-type: none"> • 3 x Bunny Hops On Bench • 2 Steps Forwards • 2 Steps Sideways • 2 Steps Backwards • ½ Turn • Forward Roll • Straight Jump • Tuck Jump • 1 Foot Balance • Star Jump to Dismount 	<p>Vault</p> <ul style="list-style-type: none"> • Squat on, Tuck Jump off (9.00) • Straddle on, Star Jump off (9.50) • Squat Through (10.00) • Straddle Over (10.00)
<p>Floor Routine 2 (10.00)</p> <ul style="list-style-type: none"> • Forward Roll to Straddle Stand (Jump feet together) • Star Jump • Arabesque (3 secs) • Cartwheel • 4 Cat springs (Out, In, Out, In) • Tuck Shape, Lie Down • Bridge (3 secs) • Shoulder Stand (3 sec) • Rock to Stand Up • ½ Turn Jump 	<p>Bench Routine 2 (10.00)</p> <ul style="list-style-type: none"> • 3 x Bunny Hops (Over, Over, On) • 2 Kicks Forwards • 2 Steps Sideways • 2 Kicks Backwards • Crouch, ½ Turn • Forward Roll • Straight Jump • Tuck Jump • Arabesque • Cartwheel to Dismount 	