

## 2020 Gymnastics British Championships

### Schedule

#### Thursday 16 April 2020

Sessions one and two - Women's Espoir and Men's Under 12 competition, with medal ceremonies

Day one of competition features stars of our future including the women's espoir and men's under 12 competitions. The all-around consists of the men competing on six apparatus and the women over four, with scores from all apparatus combined to find the very best all-rounder. The gymnasts also compete for individual titles on each apparatus, so lots of medals are up for grabs!

#### Friday 17 April 2020

Sessions three and four – Women's Junior and Men's under 14 competitions, with medal ceremonies

The battle for medals continues on day two of competition with the women's junior all-around and men's under 14 all-around competitions. Who will hold their nerve and produce top quality performances across all apparatus to take the coveted all-around title?

#### Saturday 18 April 2020

Session five – Women's Senior and Men's Under 18 competitions, followed by Men's Under 18 medal ceremony

Session six – Women's and Men's Senior competitions with medal ceremony

On Saturday morning, the under 18 men showcase their best routines and compete for medals, while the fight for the prestigious senior all-around British titles get underway for the women. The early rounds see gymnasts from all over the country setting the standard, before the very best compete in the last session of the day. The afternoon session is when Olympic and world-class men's and women's gymnastics heroes enter the arena and compete for British glory as the all-around medals are decided.



**Sunday 19th April 2020**

Session seven – Men’s Under 16 competition with medal ceremony

Session eight – Women's Espoir, Women’s Junior and Women’s Senior Apparatus Finals. Men’s Master’s Apparatus Finals, followed by medal ceremonies.

The weekend concludes with a packed day of explosive finals as the best of the best compete to be crowned champion on each of the six men’s and four women’s individual apparatus. The morning session features young up-and-coming stars in the Men’s Under 16 age category, while the afternoon sees the return of the top scoring espoir, junior and senior women to compete. The men’s masters competition sees the top eight scoring male gymnasts across all age groups going head to head on the floor, high bar, vault, parallel bars, rings and pommel. This is a great opportunity for high-achieving juniors to take on the seniors!

A spectacular competition showcasing the biggest tricks on the pommel, the twists and turns on the bar and the explosions of power and energy of the vault. Who will risk it all and go for glory to be crowned champion of their specialist apparatus?