



**CALISTHENICS RUNNING SHEET - 2026**

<b>Thursday 16<sup>th</sup> July 2026</b>		
9.30am	14 Years Calisthenics Solo Country	13
	14 Years Calisthenics Solo Metropolitan	9
	15 Years Calisthenics Solo Country	9
	16 Years Calisthenics Solo Country & Metropolitan	8
	Lunch Break	
1.00pm	14 Years Graceful Solo Country	9
	14 Years Graceful Solo Metropolitan	6
	15 Years Graceful Solo Country	9
	16 Years Graceful Solo Country	7
	15 & 16 Years Graceful Solo Metropolitan	4
	Break	
4.45pm	<b>Intermediate</b>	
	Intermediate March	7
	Intermediate Clubs	7
	Intermediate Rods	7
	Warm Up Break	
	Intermediate Free Arm	7
	Intermediate Rhythmic Aesthetic	7
	Intermediate Dance Arrangement	7
8.30pm	Approximate Finish Time	
<b>Friday 17<sup>th</sup> July 2026</b>		
8.15am	8 Years Calisthenics Solo Country	5
	9 Years Calisthenics Solo Country	4
	8 & 9 Years Calisthenics Solo Metropolitan	3
	10 Years Calisthenics Solo Country	12
	10 Years Calisthenics Solo Metropolitan	3
	8 & 9 Years Graceful Solo Country & Metropolitan	3
	10 Years Graceful Solo Country & Metropolitan	8
	Morning Tea Break	
	13 Years Calisthenics Solo Country	7
	13 Years Calisthenics Solo Metropolitan	4
	13 Years All Inclusive	1
	13 Years Graceful Solo Country	5
	13 Years Graceful Solo Metropolitan	4
	Lunch Break	



1.15pm	17 Years Calisthenics Solo Country	5
	17 Years Calisthenics Solo Metropolitan	4
	Masters Calisthenics Solo Country & Metropolitan	7
	18 Years & Over Calisthenics Solo Country	11
	18 Years & Over Calisthenics Solo Metropolitan	16
	Dinner Break	
5.15pm	17 Years Graceful Solo Country	6
	17 Years Graceful Solo Metropolitan	4
	Masters Graceful Country & Metropolitan	8
	Supper Break	
7.05pm	18 Years & Over Graceful Country (Group 1)	12
	18 Years & Over Graceful Country (Group 2)	12
	18 Years & Over Graceful Metropolitan	19
10.15pm	Approximate Finish Time	
<b>Saturday 18<sup>th</sup> July 2026</b>		
8.30am	Tinies Solo Display	3
8.45am	<b>TINIES &amp; SUB JUNIOR</b>	
	Sub Junior March	8
	Sub Junior Clubs	10
	Tinies Rods	4
	Sub Junior Rods	9
	Warm Up Break	
	Tinies Free Arm	4
	Sub Junior Free Arm	9
	Tinies Aesthetics	4
	Sub Junior Aesthetics	9
	Tinies Character/Song & Action	2
	Sub Junior Song & Dance	8
1.30pm	Lunch Break	
2.15pm	Masters Duo	2
	Sub Junior Duo	2
	Intermediate Duo	6
	Senior Duo	6
	Junior Duo	4
	Masters Trio	2
	Intermediate Trio	1
	Senior Trio	2
4.25pm	Afternoon Tea Break	



4.45pm	<b>SENIORS</b>	
	Senior March	9
	Senior Clubs	9
	Senior Rods	9
	Warm Up Break	
7.15pm	Senior Free Arm	9
	Senior Rhythmic Aesthetics	9
	Senior Dange Arrangement	9
9.45pm	Approximate Finish Time	
<b>Sunday 19<sup>th</sup> July 2026</b>		
8.30am	11 Years Calisthenics Solo Country	12
	12 Years Calisthenics Solo Country	9
	11 & 12 Years Calisthenics Solo Metropolitan	5
	Morning Tea Break	
	11 Years Graceful Solo Country	10
	12 Years Graceful Solo Country	8
	11 & 12 Years Graceful Solo Metropolitan	5
12.00pm	Lunch Break	
1.00pm	Junior March	8
	Junior Clubs	8
	Junior Rods	8
	Warm Up Break (15 minutes)	
	Junior Free Arm	8
	Junior Aesthetics	8
	Junior Revue	7
4.45pm	Approximate Finish Time	