



Westside Calisthenics Competitions

Seniors Division 8

Sunday 30th August, 2026

6:15 p.m.

Adjudicator: *Michelle Urquhart*

March	Clubs	Rods	Freearm	Rh Aesthetics	Dance Arrangement
1. Benteigh Balmoral	1. Knox Waverley	1. Mernda	1. Findon	1. Pentland	1. Benteigh Balmoral
2. Knox Waverley	2. Mernda	2. Findon	2. Pentland	2. Benteigh Balmoral	2. Knox Waverley
3. Mernda	3. Findon	3. Pentland	3. Benteigh Balmoral	3. Knox Waverley	3. Mernda
4. Findon	4. Pentland	4. Benteigh Balmoral	4. Knox Waverley	4. Mernda	4. Findon
5. Pentland	5. Benteigh Balmoral	5. Knox Waverley	5. Mernda	5. Findon	5. Pentland
1 st _____	1 st _____	1 st _____	1 st _____	1 st _____	1 st _____
2 nd _____	2 nd _____	2 nd _____	2 nd _____	2 nd _____	2 nd _____
3 rd _____	3 rd _____	3 rd _____	3 rd _____	3 rd _____	3 rd _____
HM _____	HM _____	HM _____	HM _____	HM _____	HM _____
HC _____	HC _____	HC _____	HC _____	HC _____	HC _____

Results after Rods, Rh Aesthetics, Dance Arrangement

Break after Rods

Please be aware that some items themes, music or images may elicit a strong emotional response. Viewing is at audience discretion.



Westside Calisthenics Competitions Seniors Division 8

	March	Clubs	Rods	Free	RhAesth	D/Arr	Total
Bentleigh Balmoral							
Findon							
Knox Waverley							
Mernda							
Pentland							

Runners
Up

Aggregate
Winner

*The Westside Calisthenics Competitions Committee
wish to thank the wonderful volunteers for giving their time
to ensure the continued smooth running of our competitions.*

Proudly sponsored by



Seniors Division8

Sunday 30th August, 2026

6:15 p.m.

**Catholic Regional College
Caroline Springs
10 College Drive
Caroline Springs**