



Westside Calisthenics Competitions

Intermediates Division 5

Saturday 12th September, 2026

5:00 p.m.

Adjudicator: *Jodie Russell*

March	Clubs	Rods	Freearm	Rh Aesthetics	Dance Arrangement
1. Roselind	1. Newport 2	1. Newport 2	1. Ocean Grove	1. Narre Warren	1. Warrandyte
2. Newport	2. Narre Warren	2. Glenroy	2. Narre Warren	2. Warrandyte	2. Ocean Grove
3. Narre Warren	3. Roselind	3. Newport	3. Roselind	3. Ocean Grove	3. Greater Valley
4. Greater Valley	4. Newport	4. Ocean Grove	4. Warrandyte	4. Roselind	4. Newport
5. Warrandyte	5. Glenroy	5. Roselind	5. Glenroy	5. Greater Valley	5. Glenroy
6. Glenroy	6. Ocean Grove	6. Greater Valley	6. Newport	6. Newport	6. Narre Warren
7. Ocean Grove	7. Greater Valley	7. Warrandyte	7. Greater Valley	7. Glenroy	7. Roselind
	8. Warrandyte	8. Narre Warren			
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 Intermediates Division 5

	March	Clubs	Rods	Free	RhAesth	D/Arr	Total
Glenroy							
Greater Valley							
Narre Warren							
Newport							
Ocean Grove							
Roselind							
Warrandyte							

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



Intermediates Division 5

Saturday 12th September, 2026

5:00 p.m.

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