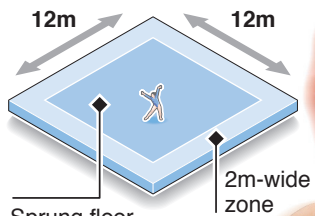


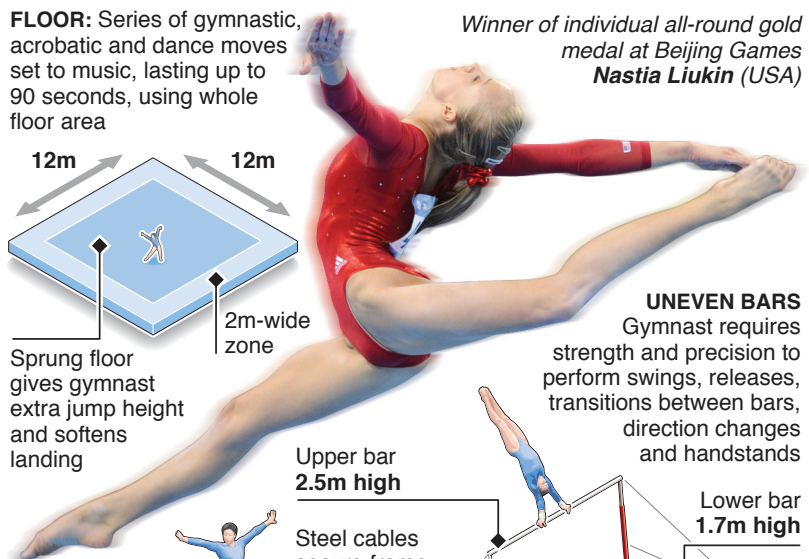
# Women's Artistic Gymnastics *North Greenwich Arena*

**FLOOR:** Series of gymnastic, acrobatic and dance moves set to music, lasting up to 90 seconds, using whole floor area

*Winner of individual all-round gold medal at Beijing Games*  
**Nastia Liukin (USA)**



Sprung floor gives gymnast extra jump height and softens landing

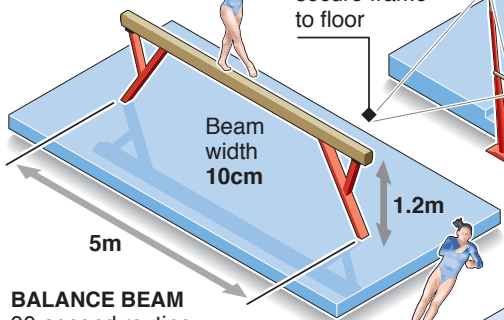


**UNEVEN BARS**  
Gymnast requires strength and precision to perform swings, releases, transitions between bars, direction changes and handstands

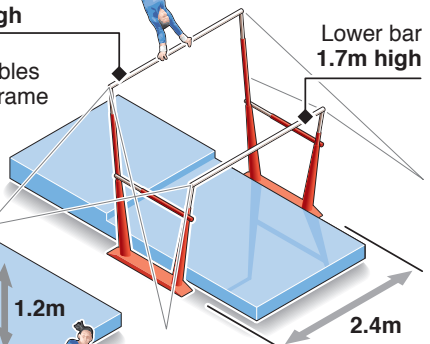
Upper bar 2.5m high

Lower bar 1.7m high

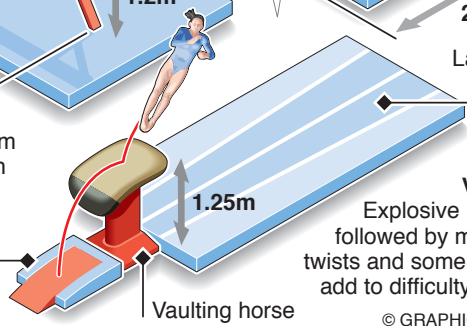
Steel cables secure frame to floor



**BALANCE BEAM**  
90-second routine using entire length of beam for series of elements with flight and dance "peaks" as if performed on floor



Springboard



**VAULT**  
Explosive launch followed by multiple twists and somersaults add to difficulty score