



2019 South Island Trampoline
& Tumbling Championships



Friday 28th June @ Christchurch School of Gymnastics, QEII Campus	
6.00pm - 9.00pm Tumbling Warm-up & Compete	
Saturday 29th June @ Olympia	
7.30am JUDGES MEETING and trial judging	
Session 1	Session 1 (DMT)
7.20am Warmup: Youth & Sub Jnr Men TRA Youth & Sub Jnr Men TRA - Set & Vol	7.20am Warmup: 9-10 & 8U Women 9-10 & 8U Women DMT - Prelim
8.45am Warmup: Youth & Sub Jnr Women TRA Youth & Sub Jnr Women TRA - Set & Vol	8.35am Warmup: 9-10 Men 9-10 Men DMT - Prelim
Youth & Sub Jnr Men TRA - Final Youth & Sub Jnr Women TRA - Final	9-10 & 8U Women DMT - Final 9-10 Men DMT - Final
Session 2	Session 2 (DMT)
10.50am Warmup: International SYNCHRO International SYNCHRO Senior Set & Vol Junior, Sub Junior & Youth Vol only	10.50am Warmup: 11-12 Women DMT 11-12 Women DMT - Prelim
International SYNCHRO - Final	12.20am Warmup: 11-12 Men 11-12 Men DMT - Prelim
	11-12 Women DMT - Final 11-12 Men DMT - Final
Session 3	Session 3 (DMT)
1.00pm PRESENTATIONS - TRA Youth & Sub Junior and DMT 9-10 & 8U	
12.40pm Warmup: Junior Men TRA Junior Men TRA - Set & Vol	
2.00pm Warmup: Junior Women & 17+ Women TRA Junior Women & 17+ Women TRA	
Junior Men TRA - Final Junior Women & 17+ Women TRA - Final	
Session 4	Session 4 (DMT)
4.00pm PRESENTATIONS - TRA SYNCHRO International & TRA Junior & TRA 17+ Women and DMT 11-12	
3.45pm Warmup: 17+ & 15-16 Men TRA 17+ & 15-16 Men TRA - Set & Vol	3.45pm Warmup: 13-14 Men & Women DMT 13-14 Men & Women DMT - Prelim
17+ & 15-16 Men TRA - Final	5.35pm Warmup: 15-16 Women DMT 15-16 Women DMT - Prelim
	13-14 Men & Women DMT - Final 15-16 Women DMT - Final
Session 5	Session 5 (DMT)
5.30pm PRESENTATIONS - TRA 17+ & 15-16 Men and DMT 15-16 Women and DMT 13-14	
5.00pm Warmup: Senior Men TRA Senior Men TRA - Set & Vol	
5.40pm Warmup: Senior Women TRA Senior Women TRA - Set & Vol	
Senior Men TRA - Final Senior Women TRA - Final	
7.15pm Finish	



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Sunday 30th June @ Olympia			
7.30am		JUDGES MEETING and trial judging	
Session 6		Session 6 (DMT)	
7.20am	Warmup: 9-10 & 8U Women TRA 9-10 & 8U Women TRA - Set & Vol	7.20am	Warmup: Sub Junior & Youth Women DMT Sub Junior & Youth Women DMT - Prelim
8.50am	Warmup: 9-10 Men TRA 9-10 Men TRA - Set & Vol	8.30am	Warmup: Sub Junior & Youth Men DMT Sub Junior & Youth Men DMT - Prelim
	9-10 & 8U Women TRA - Final 9-10 Men TRA - Final		Sub Junior & Youth Women DMT - Final Sub Junior & Youth Men DMT - Final
Session 7		Session 7 (DMT)	
10.15am	Warmup: 13-14 Women TRA 13-14 Women TRA - Set & Vol	10.15am	Warmup: Senior & Junior Women DMT Senior & Junior Women DMT - Prelim
12.00pm	Warmup: 15-16 Women TRA 15-16 Women TRA - Set & Vol	11.00am	Warmup: Senior & Junior Men DMT Senior & Junior Men DMT - Prelim
	13-14 Women TRA - Final 15-16 Women TRA - Final		Senior & Junior Women DMT - Final Senior & Junior Men DMT - Final
Session 8		Session 8 (DMT)	
1.30pm PRESENTATIONS - TRA Senior & TRA 9-10 and DMT International (Senior & Junior receive medals only - certificate by request)			
1.45pm	Warmup: 11-12 Women TRA 11-12 Women - Set & Vol	1.45pm	Warmup: 15-16 Men DMT 15-16 Men DMT - Prelim
3.20pm	Warmup: 11-12 Men TRA 11-12 Men - Set & Vol	2.45pm	Warmup: 17+ Men & Women DMT 17+ Men & Women DMT - Prelim
	11-12 Women - Final 11-12 Men - Final	4.15pm	15-16 Men DMT - Final 17+ Men & Women DMT - Final Finish
Session 9			
5.00pm PRESENTATIONS - TRA 13-14 Women & 15-16 Women & 11-12 and DMT 17+ & 15-16 Men			
4.30pm	Warmup: 13-14 Men TRA 13-14 Men - Set & Vol		
	13-14 Men TRA - Final		
5.45pm	Finish		
6.00pm PRESENTATIONS - TRA 13-14 Men			

IMPORTANT INFORMATION

- Times are a best estimate based on athlete numbers at time of preparation.
- The competition organisers retain the right to run the competition up to 1 hour ahead or behind schedule.
- It is your responsibility to ensure you are present at the marshalling area when called.

Warm-up guidelines

- All warm ups will be in line with the FIG technical handbook. Therefore any athlete exceeding the time limit will be penalised accordingly.
- Warmups include a general warmup for the flight of 30-45 minutes (depending on numbers) and then a 2-touch warmup before competing.