



# 2019 Upper South Trampoline & Tumbling Championships



Friday 3rd May @ ICE Trampoline, Rangiora	
6.00pm - 9.00pm	Tumbling Warm-up & Compete
Saturday 4th May @ Olmypia	
7.45am - 8.45am	Warm-up Session 1
8.20am	JUDGES MEETING
8.45-9.45am	15+ SYNCHRO - Vol & Final International SYNCHRO - Set & Vol International SYNCHRO - Final
9.45am-10.45am	Morning Tea - Warm-up Session 2
10.00am	PRESENTATION: 15+ SYNCHRO
10.45-12.45pm	Youth & Sub Jnr Men & Women TRA - Set & Vol Snr & Jnr Men & Women TRA - Set & Vol  Youth & Sub Jnr Men & Women TRA - Final Snr & Jnr Men & Women TRA - Final
12.45pm	Lunch
1.00pm	PRESENTATION: International TRA & SYNCHRO
12.15pm-1.00pm	Warm-up Session 3 (DMT)
1.00pm-2.00pm	15-16 Women DMT - Prelim 15-16 Men & 17+ Men & Women DMT - Prelim  15-16 Women DMT - Final 15-16 Men & 17+ Men & Women DMT - Final
2.00pm-2.45pm	Warm-up Session 4 (DMT)
2.45pm-4.00pm	International Women DMT - Prelim International Men DMT - Prelim  International Women DMT - Final International Men DMT - Final
3.15pm-4.15pm	Afternoon Tea - Warm-up Session 5
4.15pm	PRESENTATION: International DMT
4.15pm-6.30pm	15-16 Women TRA - Set & Vol 15-16 Men & 17+ Men & Women TRA - Set & Vol  15-16 Women TRA - Final 15-16 Men & 17+ Men & Women TRA - Final
	PRESENTATION: 15+ TRA



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Sunday 5th May @ Olympia			
<b>8.00am-8.30am Warm-up Session 6</b>			
<b>8.15am JUDGES MEETING</b>			
<b>8.30am-9.30am</b>	8&U Women & 9-10 Men & Women TRA - Set & Vol	<b>8.30am-9.30am</b>	11-12 Women DMT - Prelim
	8&U Women & 9-10 Men & Women TRA - Final		11-12 Women DMT - Final
<b>9.30am-10.00am MORNING TEA - Warm-up Session 7</b>			
<b>10.00am-11.00am</b>	11-12 Women TRA - Set & Vol	<b>10.00am-11.00am</b>	10&U Men & Women DMT - Prelim
	11-12 Women TRA - Final		10&U Men & Women DMT - Final
<b>11.00am -11.30am Warm-up Session 8</b>			
<b>11.30am-12.00pm</b>	10&U Women and 11-12 Men & Women SYNCHRO - Vol & Final		
<b>PRESENTATION</b>			
<b>12.00pm-12.30pm LUNCH - Warm-up Session 9</b>			
<b>12.30pm-1.30pm</b>	11-12 & 13-14 Men TRA - Set & Vol	<b>12.30pm-1.30pm</b>	13-14 Women DMT - Prelim
	11-12 & 13-14 Men TRA - Final		13-14 Women DMT - Final
<b>1.30pm-2.00pm Warm-up Session 10</b>			
<b>2.00pm-3.00pm</b>	13-14 Women TRA - Set & Vol	<b>2.00pm-3.00pm</b>	11-12 & 13-14 Men DMT - Prelim
	13-14 Women TRA - Final		11-12 & 13-14 Men DMT - Final
<b>3.00pm-3.30pm AFTERNOON TEA - Warm-up Session 11</b>			
<b>3.30pm-4.00pm</b>	13-14 Men & Women and 11-12 Men SYNCHRO- Vol & Final		
<b>PRESENTATION</b>			