***TIMETABLE*Saturday 7th: Synchronised Trampoline.**

7.45am, Warm up. General from 7.45 – 9.15. Synchro Specific 9.15. – 9.30

9.10, Judges meeting (upstairs)

9.30, Introduction and Welcome

9.35, Warm up flight 1, Youth and Sub Junior, Men and Women, Junior Women Synchro (11)

Flight 1 compete 1st Vol and Final

Warm up flight 2, Junior Men, Senior Men and Women Synchro (8)

Flight 2 compete. Senior, Set, Vol, Final, Junior 1st Vol and Final

**Trampoline**

11.00, Warm up Flight 3, Youth Trampoline Men and Women (10)

Flight 3 compete. Set and Vol

Warm up Flight 4, Sub Junior Trampoline Men and Women (12)

Flight 4 compete, Set and Vol.

12.30 Judges Lunch

12.30, General warm up Junior and Senior

1.00, Warm up Flight 5, Junior Men (16)

Flight 5 compete, Set and Vol

Warm up Flight 6A, Junior Women (1-9)

Flight 6A compete, Set and Vol

Warm up Flight 6B, Junior Women (10-18)

Flight 6B compete, Set and Vol

Warm up Flight 7, Senior Men and Women (14)

2.45, Flight 7 compete, Set and Vol.

**TRAMPOLINE FINALS.** 3.15pm Warm up Youth and Sub Junior

Compete Youth Men and Women (10)

Compete Sub Junior Men and Women (12)

Warm up Junior Men and Women

Compete Junior Men and Women (16)

5.00 Warm up Senior Men and Women

Compete Senior Men and Women. (14)

5.45pm TRAMPOLINE SHOOTOUT. 6.15PM PRIZEGIVING



**Sunday 8th : Double Mini Trampoline**

8.30am, General Warm up, 8.30 – 9.30

9.30 Judges Meeting

9.30, Warm up, Youth Men and Women. 2 passes (8+3)

Compete.

10.10, Warm up, Sub Junior Men and Women. 2 Passes (6+8)

Compete.

11.00pm Final Youth Men and Women

Compete.

11.40 Final Sub Junior Men and Women

Compete.

**12.15 Lunch**

General Warm up

1.00 Warm up Junior Men and Senior Women (13)

Compete

1.40 Warm up, Junior Women and Senior Men (15)

Compete

2.20 Final Junior Men and Senior Women (10)

2.50 Final Junior Women and Senior Men

3.30 DMT SHOOTOUT, 4.00 PRIZEGIVING

(Times are approximate only, could run up to 1 hour earlier)