

Western Cape Championships Trampoline Program (DMT & TRA) - 4 September 2015

Eversdal Gymnastics

Session 1	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT	L3 9-10 L4 9-10 L5 10&u	13:00	13:15	13:30-13:55
Session 2	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
TRA	L3 13-14	13:20	13:40	14:00-14:35
Session 3	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT	L3 11-12	14:00	14:20	14:40-15:10
Session 4	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
TRA	L3 10&u L4 10&u	14:45	15:00	15:15-15:35
Session 5	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT	L4 11-12	15:10	15:25	15:40-16:10
Session 6	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
TRA	L4 13-14 L5 13-14 L3 15&0 L4 15&0 L5 17&0	15:45	16:00	16:15-16:45
Session 7	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT	L3 13-14	16:10	16:35	16:50-17:25
Session 8	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
TRA	L3 11-12 L4 11-12 L5 11-12	16:50	17:10	17:30-18:05
Session 9	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT	L4 13-14 L5 13-14	17:30	17:55	18:10-18:35
Session 10	Level & Age Group	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT	L3 15&0 L4 15&0 L5 17&0	18:10	18:40	19:00-19:30