



GYM GAMES TRAMPOLINE COMPETITION PROGRAMME



TRAMPOLINE COMPETITION PROGRAMME – Thursday 26th September, 2019

Venue: UCT Hall 2, Cape Town

VERY IMPORTANT - rules state that all competitors must be at a competition 1 hour before competition time of event (not first event), programme could run early.

JUDGES ARE KINDLY REQUESTED NOT TO BE LATE

- 10:00 – 13:00 Refresher course and practical for TRA and DMT Judges Level 3 and 4, compulsory for judges who will judge at SA Gym Games. Coaches invited to attend.
- 13:00 All working staff, competition officials, computer officials and difficulty judges please meet
- 13:00 – 14:00 Coaches and Team Managers meeting (TRA and DMT). Hand in Competition Cards
- 13:30 Execution Judges meeting

REGION 5 TRIALS

TIME	MINI TRAMPOLINE	TIME	DOUBLE-MINI	TIME	EURO 1
14:00	WARM-UP GIRLS & BOYS (16)	14:00	WARM-UP BOYS & GIRLS JNR (18)		
14:40	COMPETITION GIRLS & BOYS	15:20	COMPETITION BOYS & GIRLS JNR 16	15:40	WARM-UP BOYS & GIRLS SNR (12)
		15:50	WARM UP BOYS & GIRLS SNR	16:20	COMPETITION BOYS & GIRLS SNR
		17:00	COMPETITION BOYS & GIRLS SNR 18	16:50	WARM UP BOYS & GIRLS JNR (12)
				18:00	COMPETITION BOYS & GIRLS JNR (12)

Grouping could take-up a lot of time if officials are not experienced and competition cards are missing. Please ask Riaan to ensure that Floor manager and grouping officials know what to do and that all competition cards are collected before the time and taken with starting list, manual score sheet to judges table.

GYM GAMES TRAMPOLINE COMPETITION PROGRAMME

TRAMPOLINE COMPETITION PROGRAMME – Friday 27th September, 2019

Venue: UCT Hall 2, Cape Town

VERY IMPORTANT - rules state that all competitors must be at a competition 1 hour before competition time of event (not first event), programme could run early.

07:30 All working staff, competition officials, computer officials and difficulty judges please meet

8:00 Execution Judges Meeting

MEDAL CEREMONY - Between events as soon as final results are available

JUDGES ARE KINDLY REQUESTED NOT TO BE LATE

TIME	DOUBLE-MINI 1	TIME	DOUBLE-MINI 2	TIME	EURO 1	TIME	EURO 2
8:00	GROUPING WARM-UP BOYS 11-12 YRS L4 (17)			8:00	GROUPING WARM-UP GIRLS 11-12 YRS L4 FLIGHT 1 (13)		
8:50	COMPETITION BOYS 11-12 YRS L4	9:10	GROUPING WARM-UP GIRLS 9-10 YRS L4 FLIGHT 1 (11) 2 passes	8:30	COMPETITION GIRLS 11-12 YRS L4 FLIGHT 1	8:30	GROUPING WARM-UP GIRLS 11-12 YRS L4 FLIGHT 2 (13)
9:40	GROUPING WARM-UP GIRLS 9-10 YRS L4 FLIGHT 2 (11) 2 passes	9:50	COMPETITION GIRLS 9-10 YRS L4 FLIGHT 1 2 passes	9:20	GROUPING WARM-UP BOYS 11-12 YRS L4 FLIGHT 1 (10)	9:15	COMPETITION GIRLS 11-12 YRS L4 FLIGHT 2
10:20	COMPETITION GIRLS 9-10 YRS L4 FLIGHT 2 2 passes	10:10	GROUPING WARM-UP BOYS 9-10 YRS L4 (10)	10:00	COMPETITION BOYS 11-12 YRS L4 FLIGHT 1	9:50	GROUPING WARM-UP BOYS 11-12 YRS L4 FLIGHT 2 (10)
10:40	GROUPING WARM-UP	10:50	COMPETITION BOYS 9-10 YRS	10:30	GROUPING WARM-UP	10:30	COMPETITION BOYS 11-12 YRS

	GIRLS 9-10 YRS L4 FINALS (10) 2 passes		L4		GIRLS 11-12 YRS L4 FINALS (10)		L4 FLIGHT 2
11:20	COMPETITION GIRLS 9-10 YRS L4 FINALS 2 passes	11:00	GROUPING WARM-UP BOYS 13-14 YRS L4 (16)	11:10	COMPETITION GIRLS 11-12 YRS L4 FINALS	11:00	GROUPING WARM-UP BOYS 11-12 YRS L4 FINALS (10)
11:40	GROUPING WARM-UP GIRLS & BOYS 6-8 YRS L4 (16)	11:40	COMPETITION BOYS 13-14 YRS L4	11:20	GROUPING WARM UP GIRLS & BOYS 15-O YRS L4 (15)	11:40	COMPETITION BOYS 11-12 YRS L4 FINALS
12:40	COMPETITION GIRLS & BOYS 6-8 YRS L4 (16)	13:00	GROUPING WARM-UP BOYS 15&O YRS L4 (17)	12:20	COMPETITION GIRLS & BOYS 15-O YRS L4		
						13:00	GROUPING WARM UP GIRLS & BOYS 15-O YRS L5 (17)
13:15		LUNCH		13:15		LUNCH	
14:20	WARM-UP GIRLS 15&O YRS L4 (5)	14:00	COMPETITION BOYS 15&O YRS L4	14:00	GROUPING WARM UP GIRLS & BOYS 6-8 YRS L4,5 (16)	14:00	COMPETITION GIRLS & BOYS 15-O YRS L5 (17)
14:50	COMPETITION GIRLS 15&O YRS L4	14:40	GROUPING WARM-UP GIRLS 11-12 YRS L4 FLIGHT 1 (11) 2 passes	15:00	COMPETITION GIRLS & BOYS 6-8 YRS L4,5 (16)	15:00	GROUPING WARM-UP GIRLS 13-14 YRS L4 (16)
15:20	GROUPING WARM-UP GIRLS 11-12 YRS L4 FLIGHT 2 (12) 2 passes	15:20	COMPETITION GIRLS 11-12 YRS L4 FLIGHT 1	16:00	GROUPING WARM-UP BOYS 13-14 YRS L4 (15)	16:00	COMPETITION GIRLS 13-14 YRS L4
16:00	COMPETITION GIRLS 11-12 YRS L4 FLIGHT 2	15:40	GROUPING WARM-UP GIRLS & BOYS 15&O YRS L5 (19)	17:00	COMPETITION BOYS 13-14 YRS L4		

16:40	GROUPING WARM-UP GIRLS 11-12 YRS L4 FINALS (10) 2 passes GIRLS & BOYS 6-8 YRS L5 (6)	16:30	COMPETITION GIRLS & BOYS 15&O YRS L5				
17:30	COMPETITION GIRLS 11-12 YRS L4 FINALS GIRLS & BOYS 6-8 YRS L5						
18:30		TRAMPOLINE & TUMBLING TA MEETING					
18:15-19:15		North Zone Free Training					
18:15-20:15		South Zone Free Training					

NB – TRAMPOLINE & DMT PANELS TO ASSIST EACH OTHER

TRAMPOLINE COMPETITION PROGRAMME – Saturday 28th September, 2019

Venue: UCT Hall 2, Cape Town

VERY IMPORTANT - rules state that all competitors must be at a competition 1 hour before competition time of event (not first event), programme could run early.

07:30 All working staff, competition officials, computer officials and difficulty judges please meet

8:00 Execution Judges Meeting

MEDAL CEREMONY - Between events as soon as final results are available

JUDGES ARE KINDLY REQUESTED NOT TO BE LATE

LEVEL 4 & 5 & 6

TIME	DOUBLE-MINI 1	TIME	DOUBLE-MINI 2	TIME	EURO 1	TIME	EURO 2
8:00	GROUPING WARM-UP GIRLS 13-14 YRS FLIGHT 1 L4 (15) 2 passes			8:00	GROUPING WARM UP GIRLS 9-10 YRS L4 FLIGHT 1(13)		
8:40	COMPETITION GIRLS 13-14YRS FLIGHT 1 L4	8:20	GROUPING WARM-UP GIRLS 13-14YRS FLIGHT 2 L4 (16) 2 passes	8:30	COMPETITION GIRLS 9-10 YRS L4 FLIGHT 1	8:20	GROUPING WARM UP GIRLS 9-10 YRS L4 FLIGHT 2 (12)
9:10	GROUPING WARM-UP GIRLS 13-14 YRS L4 FINALS (10) 2 passes	9:10	COMPETITION GIRLS 13-14YRS FLIGHT 2 L4	9:00	GROUPING WARM UP GIRLS 9-10 YRS L4 FINALS (10)	9:00	COMPETITION GIRLS 9-10 YRS L4 FLIGHT 2
9:50	COMPETITION GIRLS 13-14 YRS L4 FINALS	9:30	GROUPING WARM UP BOYS 11-12	9:30	COMPETITION GIRLS 9-10 YRS L4	9:20	GROUPING WARM UP BOYS

			L5 (18)		FINALS 2		9-10 YRS L4 (6) BOYS & GIRLS 6-10 YRS L6 (3) 9-10 YRS L5 (8)
10:50	GROUPING WARM UP GIRLS 11-12 L5 FLIGHT 1 (10) 2 passes	10:30	COMPETITION BOYS 11-12 L5	10:00	GROUPING WARM UP GIRLS & BOYS 13-14 YRS L5 (15)	10:10	COMPETITION BOYS 9-10 YRS L4 (6) BOYS & GIRLS 6-10 YRS L6 (3) 9-10 YRS L5 (8)
11:30	COMPETITION GIRLS 11-12 L5 FLIGHT 1 (10)	11:20	GROUPING WARM UP GIRLS 11-12 L5 FLIGHT 2 (11) 2 passes	11:10	COMPETITION GIRLS & BOYS 13-14 YRS L5 (15)	11:10	GROUPING WARM-UP GIRLS & BOYS 15-O YRS L6 (13)
12:00	GROUPING WARM UP GIRLS 11-12 L5 FINALS (10) 2 passes	12:00	COMPETITION GIRLS 11-12 L5 FLIGHT 2	13:00	GROUPING WARM UP GIRLS & BOYS 11-12 YRS L5 (18)	12:00	COMPETITION GIRLS & BOYS 15-O YRS L6
12:40	COMPETITION GIRLS 11-12 L5 FINALS	13:30	GROUPING WARM UP GIRLS & BOYS 6-8 YRS L5 (6) 6-10 YRS L6 (9)				
13:00		LUNCH		13:15		LUNCH	
13:20	GROUPING WARM UP GIRLS 13-14 L5,6 (16)	14:00	COMPETITION GIRLS & BOYS 6-8 YRS L5 6-10 YRS L6	14:00	COMPETITION GIRLS & BOYS 11-12 YRS L5 (18)	14:00	GROUPING WARM UP GIRLS & BOYS 11-12 YRS L6 (6) 13-14 YRS L6 (9)
14:30	COMPETITION GIRLS 13-14 L5,6 (16)	14:30	GROUPING WARM UP GIRLS & BOYS 9-10 YRS L5 (17)			15:00	COMPETITION GIRLS & BOYS 11-12 YRS L6 (6) 13-14 YRS L6 (9)

15:30	GROUPING WARM UP BOYS 13-14 YRS L5,6 (18)	15:30	COMPETITION GIRLS & BOYS 9-10 YRS L5 (17)	15:00	GROUPING WARM UP GIRLS & BOYS SYNCHRO ALL LEVELS & AGE GROUPS 13 PAIRS
16:30	COMPETITION BOYS 13-14 YRS L5,6 (18)	16:45	GROUPING WARM UP GIRLS & BOYS 11-12 YRS L6 (14)	15:50	COMPETITION GIRLS & BOYS SYNCHRO ALL LEVELS & AGE GROUPS 13 PAIRS
17:10	GROUPING WARM-UP GIRLS & BOYS 15&O YRS L6 (17)	17:30	COMPETITION GIRLS & BOYS 11-12 YRS L6 (14)		
18:15	COMPETITION GIRLS & BOYS 15&O YRS L6				