

GYM GAMES TRAMPOLINE COMPETITION

COMPETITION PROGRAMME – Friday 18 October 2019

Venue: Rembrandt Hall, University of Pretoria

VERY IMPORTANT. Coaches WERE requested to e-mail competition cards to Helene with entries . Helene Swanepoel at info4trampoline@gmail.com

No gymnast will be grouped and allowed to start warm-up without competition card submitted as requested. No competition card submitted to Helene by **Friday 11 October**, no competing!

11:30 - 12:50 Training opportunity for competitors, competing on Friday, who wish to get used to equipment.

12:30 All competition officials, computer officials and difficulty judges
please meet with Helen in VIP Room

13:10 All other Judges to meet in VIP Room.

REGION 5 TRIAL

TIME	MINI TRAMPOLINE	TIME	DOUBLE-MINI	TIME	TRAMPOLINE
				13:00	GROUPING, WARM-UP GIRLS 1 & BOYS 8 SENIOR (9)
		13:30	GROUPING, WARM-UP GIRLS 4 & BOYS 10 JUNIOR (14)	13:40	COMPETITION GIRLS & BOYS SNR (9)
15:00	GROUPING WARM-UP GIRLS 0 & BOYS 2	14:20	COMPETITION GIRLS & BOYS JNR (14)	15:00	GROUPING, WARM-UP GIRLS 4 & BOYS 11 JUNIOR (15)
15:20	COMPETITION GIRLS & BOYS (2)	15:40	GROUPING, WARM UP GIRLS 2 & BOYS 10 SENIOR (12)	15:40	COMPETITION GIRLS & BOYS JNR (15)
		16:40	COMPETITION GIRLS & BOYS SNR (12)		

TIME	OLYMPIC GAMES DEVELOPMENT	TIME	WORLD GAMES DEVELOPMENT
17:00	GROUPING WARM-UP FEMALE 0 & MALE 6	17:40	GROUPING WARM-UP FEMALE 0 & MALE 5
17:20	COMPETITION FEMALE AND MALE (6)	18:00	COMPETITION FEMALE AND MALE (5)

18:30 - 19:30 Training opportunity for competitors, competing on Saturday

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TRAMPOLINE COMPETITION PROGRAMME
 Saturday 19 October 2019

Venue: Rembrandt Hall, University of Pretoria

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

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

09:00 All competition officials, computer officials and difficulty judges
 please meet with Helen in VIP Room

09:30 All other Judges to meet in VIP Room
JUDGES ARE KINDLY REQUESTED NOT TO BE LATE

Kindly note: Level 7 and 8 do 3 routines.

TIME	TRAMPOLINE	TIME	DOUBLE-MINI TRAMPOLINE
9:30	GROUPING WARM-UP Female 0 and Male 10 17-21 years Female 0 and Male 3 Open/17/O (13)		
10:10	COMPETITION Female and Male 17-21, Open and 17/O. Levels 7 and 8. (13)	10:30	GROUPING WARM-UP Female 1 and Male 3 11-12 years Female 2 and Male 6 13-14 years (12)
11:00	GROUPING WARM-UP Female 1 and Male 7 15-16 years Level 7 (8)	11:10	COMPETITION Female and Male 11-12 and 13-14 years. Level 7. (12)
11:50	COMPETITION Female and Male 15-16 years Level 7 (8)	11:40	GROUPING WARM-UP Female 0 and Male 5 17-21 years Female 0 and Male 6 Open/17/O (11)
		12:30	COMPETITION Female and Male 17-21, Open and 17/O. Levels 7 and 8. (11)

13:00 - 13:30 LUNCH

13:00	GROUPING WARM-UP Female 2 and Male 2 11-12 years Female 3 and Male 4 13-14 years		
13:40	COMPETITION Female and Male 11-12 and 13-14 years. Level 7. (11)	14:00	GROUPING WARM-UP Female 2 and Male 8 15-16 years Level 7 (10)

TIME	TRAMPOLINE	TIME	DOUBLE-MINI TRAMPOLINE
14:20	GROUPING WARM-UP ALL SYNCHRO PAIRS (5)	14:30	COMPETITION Female and Male 15-16 years Level 7 (10)
15:00	COMPETITION ALL SYNCHRO PAIRS (5)		