

South Zone 2016 - Table (Black) Top Trampoline

	Age & Gender	No.	Grouping & General Warm Up	Apparatus Warm Up	Competition Start Time	Competition End Time	
Trampoline 1	Session 1	15/o yrs Boys and Girls	8	08h30	09h00	09h30	10h00
	Session 3	13 - 14 yrs Boys and Girls	6	09h30	10h00	10h30	10h50
	Session 5	11 - 12 yrs Girls	6	10h30	10h50	11h15	11h35
	Session 7	7 - 8 yrs Boys 6/u yrs Boys and Girls	9	11h00	11h35	12h15	12h45
	LUNCH (12h45 - 13h15)						
	Session 9	9 - 10 yrs Boys	11	13h00	13h20	14h00	14h35

Trampoline 2	Session 2	Jnr and Snr Elite Boys and Girls	6	09h00	09h30	10h00	10h20
	Session 4	11 - 12 yrs Boys	6	10h00	10h20	10h50	11h15
	Session 6	9 - 10 yrs Girls	9	10h45	11h15	11h40	12h10
	Session 8	7 - 8 yrs Girls	14	12h00	12h30	13h15	14h00

Gymnasts to be at the venue 30 minutes before Grouping and General Warm Up time

Gymnasts to be in the grouping area in tracksuits on time, with water bottles

Gymnasts are not to leave the grouping area

(Please ensure all clothing and water bottle are clearly marked)

WE WILL NOT BE LOOKING FOR GYMNASTS - IF YOU ARE NOT PRESENT ON TIME YOU MISS YOUR COMPETITION