

## South Zone 2016 - Double Mini Trampoline

		Age & Gender	No.	Grouping & General Warm Up	Apparatus Warm Up	Competition Start Time	Competition End Time	
<b>Double Mini Trampoline 1</b>	Session 1	L2 11-12 yrs Boys L2 15/o Girls	12	07h30	08h00	08h30	09h15	
	Session 2	L2 9-10 yrs & 15/o Boys	13	08h45	09h15	09h45	10h45	
	Session 3	L2 11 - 12 yrs Girls	18	10h15	10h45	11h15	12h30	
	LUNCH (12h30 - 13h00)							
	Session 4	L2 9 - 10 yrs Girls	16	12h00	12h30	13h00	14h00	
	Session 5	L2 8/u Boys and Girls	13	13h30	14h00	14h30	15h30	
	Session 6	L2 13 - 14 yrs Boys and Girls	14	15h00	15h30	16h00	17h00	

**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**