

South Zone 2016 - Mini Trampoline

		Age & Gender	No.	Grouping & General Warm Up	Apparatus Warm Up	Competition Start Time	Competition End Time
Mini Trampoline 1	Session 1	6/u yrs Boys and Girls	6	08h00	08h30	09h00	09h20
	Session 3	7 yrs Girls	9	09h15	09h45	10h15	10h45
	Session 5	Jnr and Snr Elite Boys and Girls	12	10h15	10h45	11h15	12h00

Mini Trampoline 3	Session 2	8 yrs Girls	15	08h30	09h00	09h30	10h15
	Session 4	15/0 yrs Girls and Boys	5	09h45	10h15	10h45	11h10
	Session 6	11 - 12 yrs Girls	20	10h45	11h15	12h00	12h45
LUNCH (12h45 - 13h15)							

		Age & Gender	No.	Grouping & General Warm Up	Apparatus Warm Up	Competition Start Time	Competition End Time
Mini Trampoline 2	Session 1	8 yrs Boys	5	08h00	08h30	09h00	09h30
	Session 3	7 yrs Boys	11	09h15	09h45	10h15	10h45
	Session 5	9 yrs Boys 10 yrs Boys	12	10h15	10h45	11h15	12h00

Mini Trampoline 4	Session 2	9 yrs Girls	14	08h30	09h00	09h30	10h15
	Session 4	13 - 14 yrs Boys and Girls	5	09h45	10h15	10h45	11h10
	Session 6	11 - 12 yrs Boys 10 yrs Girls	17	10h45	11h15	12h00	12h45
LUNCH (12h45 - 13h15)							

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