

South Zone 2016 - Individual (Euro) Trampoline

		Age & Gender	No.	Grouping & General Warm Up	Apparatus Warm Up	Competition Start Time	Competition End Time
Trampoline 1	Session 1	L2 11 - 12 yrs Girls	17	08h00	08h30	09h00	09h50
	Session 2	L2 9 - 10 yrs Girls	16	09h30	10h00	10h30	11h20
	Session 3	L2 8/u yrs Girls and Boys	16	11h00	11h30	12h00	12h50
	LUNCH (12h50 - 13h20)						
	Session 4	L2 13 -14 yrs, 15/o yrs Boys and Girls	13	12h30	13h00	13h30	14h15
	Session 5	L2 9 - 10 yrs, 11 - 12 yrs Boys	12	13h45	14h15	14h45	15h00
	Session 6	L1 All Ages Boys and Girls	7	14h30	15h00	15h15	15h45

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