

South Zone 2015 – Mini Trampoline

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| Session 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|-------------------------|----------------------------|---------------------------------------|--------------------------|--------------------|
| MiniTRA 1 | Boys & Girls 6&u | All | 09:00 | 09:20 | 09:35 |
| MiniTRA 2 | Boys 7yrs | All | 09:00 | 09:20 | 09:35 |

| Session 2 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|-------------------------|----------------------------|---------------------------------------|--------------------------|--------------------|
| MiniTRA 3 | Girls 7yrs | All | 09:30 | 09:50 | 10:10 |
| MiniTRA 4 | Girls 8yrs | All | 09:30 | 09:50 | 10:10 |

| Session 3 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|-------------------------|----------------------------|---------------------------------------|--------------------------|--------------------|
| MiniTRA 1 | Boys 8 yrs | All | 10:25 | 10:45 | 11:10 |
| MiniTRA 2 | Girls 9yrs | All | 10:25 | 10:45 | 11:10 |

| Session 4 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|-------------------------|----------------------------|---------------------------------------|--------------------------|--------------------|
| MiniTRA 3 | Boys 10yrs | All | 11:10 | 11:30 | 11:50 |

| Session 5 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|-------------------------|----------------------------|---------------------------------------|--------------------------|--------------------|
| MiniTRA 1 | Boys 9yrs | All | 12:05 | 12:20 | 12:30 |
| MiniTRA 2 | Girls 10yrs | All | 12:15 | 12:30 | 12:30 |

South Zone 2015 – Mini Trampoline

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| Session 6 | Gender & Age | Clubs | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|-------------------------|--|---------------------------------------|--------------------------|--------------------|
| MiniTRA 3 | Girls 11-12 | Brawns, Ceres, Crusaders, ESport/Eversdal, Gym Wizards | 12:55 | 13:15 | 13:40 |
| MiniTRA 4 | Boys 11-12 | All | 13:05 | 13:25 | 13:40 |

| Session 7 | Gender & Age | Clubs | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|-------------------------|---|---------------------------------------|--------------------------|--------------------|
| MiniTRA 1 | Girls 11-12 | MATT, Pro-Gymnastics, SKAT, Spectrum, VDStel, Wasabi, Wellington, Wynland | 14:00 | 14:20 | 14:45 |
| MiniTRA 2 | Girls 13-14 | All | 13:40 | 14:00 | 14:15 |

| Session 8 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|----------------------------------|----------------------------|---------------------------------------|--------------------------|--------------------|
| MiniTRA 3 | Boys 13-14 Male & Female 15&O | All | 15:20 | 15:40 | 16:00 |
| MiniTRA 4 | Junior Elite | All | 14:35 | 15:00 | 15:10 |

| Session 9 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
|------------------|-------------------------|----------------------------|---------------------------------------|--------------------------|--------------------|
| MiniTRA 2 | Senior Elite | All | 14:35 | 15:00 | 16:00 |

South Zone 2015 – Table Top Trampoline

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|---------------------------|-------------------------------------|----------------------------|---------------------------------------|--------------------------|--------------------|
| Session 1 BT 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| | Male & Female Junior & Senior Elite | All | 08:45 | 09:15 | 09:30 |
| Session 2 BT 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| | Boys 11-12 | All | 09:30 | 10:00 | 10:20 |
| | Male 15&O | All | | | |
| Session 3 BT 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| | Girls 11-12 | All | 10:30 | 11:00 | 11:20 |
| Session 4 BT 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| | All 13-14 | All | 11:40 | 12:10 | 12:30 |
| Session 5 BT 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| | All 6&u | All | 12:30 | 13:00 | 13:20 |
| | Boys 7-8 | All | | | |
| Session 6 BT 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| | Girls 7-8 | All | 13:30 | 13:55 | 14:10 |
| Session 7 BT 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| | Girls 9-10 | All | 14:30 | 15:00 | 15:20 |
| Session 8 BT 1 | Gender & Age | District / Province | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| | Boys 9-10 | All | 15:50 | 16:20 | 16:40 |

South Zone 2015 – Double Mini Trampoline and Trampoline

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|-------------------|-------------------------------------|-----------------|---------------------------------------|--------------------------|--------------------|
| Session 1 | Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| DMT | Boys & Girls 8&u | All | 08:00 | 08:30 | 08:50 |
| Session 2 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| TRA | Boys 9-10 & 11-12 | All | 09:00 | 09:30 | 09:55 |
| Session 3 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| DMT | Girls 9-10 | All | 10:30 | 11:00 | 10:50 |
| Session 4 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| TRA | Girls 11-12 | All | 11:00 | 11:30 | 11:50 |
| Session 5 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| DMT | Boys 9-10 | All | 11:50 | 12:20 | 12:40 |
| Session 6 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| TRA | Girls&Boys 13-14 &15&O Boys 15&O | All | 12:40 | 13:10 | 13:30 |
| Session 7 | Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| DMT | Girls 11-12 | All | 13:20 | 13:50 | 14:10 |
| Session 8 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| TRA | Boys & Girls 8&u | All | 14:30 | 15:00 | 15:20 |
| Session 9 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| DMT | Boys 11-12 | All | 15:20 | 15:50 | 16:10 |
| Session 10 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| TRA | Girls 9-10 | All | 16:20 | 16:50 | 17:10 |
| Session 11 | Level & Age Group | District | Grouping & General Warm-up | Apparatus Warm-up | Competition |
| DMT | Boys & Girls 13-14 & 15&O | | 17:10 | 17:40 | 18:00 |