

Mini Trampoline - 23 July 2016

Session 1	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	All 7yrs	Winelands	08:00	08:30	08:45
MiniTRA 2	All 6&u, 7yrs	Cape Town	08:00	08:30	08:45

Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	All 8yrs	Winelands	08:45	09:10	09:25
MiniTRA 4	All 8yrs Male 9yrs	Cape Town	08:45	09:10	09:25

Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Female 9yrs	Winelands	09:30	09:55	10:10
MiniTRA 2	Female 9yrs	Cape Town	09:30	09:55	10:10

Session 4	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Female 11-12	Winelands	10:10	10:30	10:50
MiniTRA 4	Female 10yrs	Cape Town	10:10	10:30	10:50

Session 5	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Female 10yrs	Winelands	11:00	11:20	11:40
MiniTRA 2	7,8,9,11-12	West Coast	11:00	11:20	11:40

Session 6	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Male 9yrs	Winelands	11:50	12:15	12:30
MiniTRA 4	Male 10,11-12	Cape Town	11:50	12:15	12:30

Session 7	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	10, 13-14, Elite	West Coast	12:20	12:50	13:05
MiniTRA 2	Elite	Cape Town	12:20	12:50	13:05

Session 8	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Male 10 yrs	Winelands	13:05	13:25	13:40
MiniTRA 4	Female 11-12	Cape Town	13:05	13:25	13:40

Session 9	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Male 11-12 All 13-14, 15&O, Jnr & Snr Elite	Winelands	13:50	14:10	14:30
MiniTRA 2	All 13-14, 15&O	Cape Town	13:50	14:10	14:30

Coaches meeting at 07:50

Judges meeting at 08:15

From Session 4 please be available 30 minutes before scheduled time

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Session 1	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Male 9-10 yrs	Cape Town	08:00	08:25	08:45
Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 11-12	Cape Town	09:00	09:20	09:40
Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 7-8, 9-10	West Coast	09:50	10:15	10:30
Session 4	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 11-12, 13-14, Elite	West Coast	10:35	11:00	11:10
Session 5	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 15&0	Cape Town	11:05	11:30	11:45
Session 6	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 7-8 Female 9-10	Cape Town	11:50	12:15	12:30
Session 7	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 7-8 Female 9-10	Winelands	12:35	13:00	13:10
Session 8	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Male 9-10 All 11-12, 15&0, Elite	Winelands	13:10	13:35	13:50
Session 9	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
		Cape Town	14:05	14:20	14:35

Coaches meeting at 07:50

Judges meeting at 08:15

From Session 4 please be available 30 minutes before scheduled time

Difficulty sheets to be handed in by 08:15

Double Mini Trampoline - 23 July 2016

Session 1	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 2 All 8&u Level 2 Female 9-10	All	08:00	08:30	08:45
Session 2	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 2 Male 9-10	All	08:50	09:20	09:35
Session 3	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 2 Female 11-12 Level 2 Female 13-14	All	09:40	10:10	10:25
Session 4	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 2 Male 11-12	All	10:30	10:55	11:10
Session 5	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 2 Male 13-14 Level 2 All 15&0	All	11:25	11:50	12:05
Session 6	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 3 Male 9-10	All	12:10	12:35	12:50
Session 7	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 3 All 11-12	All	12:55	13:15	13:30
Session 8	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 3 Female 13-14 Level 3 Male 15&0	All	13:35	14:00	14:15
Session 9	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 3 Male 13-14 Level 3 Female 15&0	All	14:20	14:45	15:00
Session 10	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 4 All 11-12 Level 5 All 11-12	All	15:10	15:35	15:50
Session 11	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 4 All 13-14	All	15:55	16:15	16:30
Session 12	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 4 Male 15&0 Level 5 All 15-16 Level 5 Male 17&0 Senior Male & Female	All	16:40	17:00	17:15

Coaches meeting at 07:30

Judges meeting at 07:45

From Session 4 please be available 30 minutes before scheduled time

Difficulty sheets to be handed in by 07:45

Trampoline - 23 July 2016

Session 1	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 Male 13-14 Level 3 All 11-12	All	08:00	08:25	08:45
Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 3 All 13-14	All	09:00	09:25	09:45
Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 3 Female 15&O Level 4 Male 11-12 Level 4 Male 15&O Level 5 Male 15-16 Senior Female	All	10:00	10:25	10:45
Session 4	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 All 8&u Level 2 All 9-10	All	11:00	11:25	11:45
Session 5	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All Level 1 Level 2 All 11-12	All	12:00	12:25	12:45

Coaches meeting at 07:50

Judges meeting at 08:15

From Session 4 please be available 30 minutes before scheduled time

Difficulty sheets to be handed in by 08:15

Tumbling - 22 & 23 July 2016

FRIDAY 22 July 2016

Level 4 Boys & Girls ALL ages (23)	
14:25	Report
14:30	Warm-up
14:50	Compete

Level 3 Boys ALL ages (23)	
15:20	Report
15:25	Warm-up
15:50	Compete

Level 3 Girls ALL ages (33)	
16:20	Report
16:25	Warm-up
16:55	Compete

Level 7 & WAG ALL ages (11)	
17:25	Report
17:30	Warm-up
18:00	Compete

Level 6 Boys & Girls ALL ages (20)	
18:25	Report
18:30	Warm-up
19:00	Compete

Level 5 Boys & Girls ALL Ages (25)	
19:20	Report
19:25	Warm-up
19:50	Compete

SATURDAY 23 July 2016

LEVEL 1 Girls ALL AGES (20)	
08:25	Report
08:30	Warm-up
08:50	Compete

LEVEL 1 Boys ALL AGES (19)	
09:15	Report
09:20	Warm-up
09:40	Compete

Level 2 Boy & Girls 8 and 9 yrs (28)	
10:00	Report
10:10	Warm-up
10:30	Compete

Level 2 Boys & Girls 6/7/10 yrs (21)	
11:00	Report
11:10	Warm-up
11:30	Compete

Level 2 Boys & Girls 11 yrs (28)	
11:50	Report
12:00	Warm-up
12:30	Compete