

GYM GAMES TRAMPOLINE COMPETITION PROGRAMME

TRAMPOLINE COMPETITION PROGRAMME – Thursday 26th September, 2019

Venue: UCT Hall 2, Cape Town

VERY IMPORTANT - rules state that all competitors must be at a competition 1 hour before competition time of event (not first event), programme could run early.

JUDGES ARE KINDLY REQUESTED NOT TO BE LATE

10:00 – 13:00	Refresher course and practical for TRA and DMT Judges Level 3 and 4, compulsory for judges who will judge at SA Gym Games. Coaches invited to attend.
13:00	All working staff, competition officials, computer officials and difficulty judges please meet
13:00 – 14:00	Coaches and Team Managers meeting (TRA and DMT). Hand in Competition Cards
13:30	Execution Judges meeting

REGION 5 TRIALS

TIME	MINI TRAMPOLINE	TIME	DOUBLE-MINI	TIME	EURO 1
14:00	WARM-UP GIRLS & BOYS (16)	14:00	WARM-UP BOYS & GIRLS JNR (18)		
14:40	COMPETITION GIRLS & BOYS	15:20	COMPETITION BOYS & GIRLS JNR 16	15:40	WARM-UP BOYS & GIRLS SNR (12)
		15:50	WARM UP BOYS & GIRLS SNR	16:20	COMPETITION BOYS & GIRLS SNR
		17:00	COMPETITION BOYS & GIRLS SNR 18	16:50	WARM UP BOYS & GIRLS JNR (12)
				18:00	COMPETITION BOYS & GIRLS JNR (12)

GYM GAMES TRAMPOLINE COMPETITION PROGRAMME

TRAMPOLINE COMPETITION PROGRAMME – Friday 27th September, 2019

Venue: UCT Hall 2, Cape Town

VERY IMPORTANT - rules state that all competitors must be at a competition 1 hour before competition time of event (not first event), programme could run early.

07:30 All working staff, competition officials, computer officials and difficulty judges please meet

8:00 Execution Judges Meeting

MEDAL CEREMONY - Between events as soon as final results are available

JUDGES ARE KINDLY REQUESTED NOT TO BE LATE

TIME	DOUBLE-MINI 1	TIME	DOUBLE-MINI 2	TIME	EURO 1	TIME	EURO 2
8:00	GROUPING WARM-UP BOYS 11-12 YRS L4 (17)			8:00	GROUPING WARM-UP GIRLS 11-12 YRS L4 FLIGHT 1 (13)		
8:50	COMPETITION BOYS 11-12 YRS L4	9:10	GROUPING WARM-UP GIRLS 9-10 YRS L4 FLIGHT 1 (11) 2 passes	8:30	COMPETITION GIRLS 11-12 YRS L4 FLIGHT 1	8:30	GROUPING WARM-UP GIRLS 11-12 YRS L4 FLIGHT 2 (13)
9:40	GROUPING WARM-UP GIRLS 9-10 YRS L4 FLIGHT 2 (11) 2 passes	9:50	COMPETITION GIRLS 9-10 YRS L4 FLIGHT 1 2 passes	9:20	GROUPING WARM-UP BOYS 11-12 YRS L4 FLIGHT 1 (10)	9:15	COMPETITION GIRLS 11-12 YRS L4 FLIGHT 2
10:20	COMPETITION GIRLS 9-10 YRS L4 FLIGHT 2 2 passes	10:10	GROUPING WARM-UP BOYS 9-10 YRS L4 (10)	10:00	COMPETITION BOYS 11-12 YRS L4 FLIGHT 1	9:50	GROUPING WARM-UP BOYS 11-12 YRS L4 FLIGHT 2 (10)
10:40	GROUPING WARM-UP GIRLS 9-10 YRS L4 FINALS (10) 2 passes	10:50	COMPETITION BOYS 9-10 YRS L4	10:30	GROUPING WARM-UP GIRLS 11-12 YRS L4 FINALS (10)	10:30	COMPETITION BOYS 11-12 YRS L4 FLIGHT 2
11:20	COMPETITION GIRLS 9-10 YRS L4 FINALS 2 passes	11:00	GROUPING WARM-UP BOYS 13-14 YRS L4 (16)	11:10	COMPETITION GIRLS 11-12 YRS L4 FINALS	11:00	GROUPING WARM-UP BOYS 11-12 YRS L4 FINALS (10)
11:40	GROUPING WARM-UP GIRLS & BOYS	11:40	COMPETITION BOYS 13-14 YRS L4	11:20	GROUPING WARM UP GIRLS & BOYS	11:40	COMPETITION BOYS 11-12 YRS L4 FINALS

	6-8 YRS L4 (16)				15-O YRS L4 (15)		
12:40	COMPETITION GIRLS & BOYS 6-8 YRS L4 (16)	13:00	GROUPING WARM-UP BOYS 15&O YRS L4 (17)	12:20	COMPETITION GIRLS & BOYS 15-O YRS L4		
						13:00	GROUPING WARM UP GIRLS & BOYS 15-O YRS L5 (17)
13:15		LUNCH		13:15		LUNCH	
14:20	WARM-UP GIRLS 15&O YRS L4 (5)	14:00	COMPETITION BOYS 15&O YRS L4	14:00	GROUPING WARM UP GIRLS & BOYS 6-8 YRS L4,5 (16)	14:00	COMPETITION GIRLS & BOYS 15-O YRS L5 (17)
14:50	COMPETITION GIRLS 15&O YRS L4	14:40	GROUPING WARM-UP GIRLS 11-12 YRS L4 FLIGHT 1 (11) 2 passes	15:00	COMPETITION GIRLS & BOYS 6-8 YRS L4,5 (16)	15:00	GROUPING WARM-UP GIRLS 13-14 YRS L4 (16)
15:20	GROUPING WARM-UP GIRLS 11-12 YRS L4 FLIGHT 2 (12) 2 passes	15:20	COMPETITION GIRLS 11-12 YRS L4 FLIGHT 1	16:00	GROUPING WARM-UP BOYS 13-14 YRS L4 (15)	16:00	COMPETITION GIRLS 13-14 YRS L4
16:00	COMPETITION GIRLS 11-12 YRS L4 FLIGHT 2	15:40	GROUPING WARM-UP GIRLS & BOYS 15&O YRS L5 (19)	17:00	COMPETITION BOYS 13-14 YRS L4		
16:40	GROUPING WARM-UP GIRLS 11-12 YRS L4 FINALS (10) 2 passes	16:30	COMPETITION GIRLS & BOYS 15&O YRS L5				
17:30	COMPETITION GIRLS 11-12 YRS L4 FINALS						

18:30		TRAMPOLINE & TUMBLING TA MEETING
18:15- 19:15		North Zone Free Training
18:15- 20:15		South Zone Free Training

NB – TRAMPOLINE & DMT PANELS TO ASSIST EACH OTHER

TRAMPOLINE COMPETITION PROGRAMME – Saturday 28th September, 2019

Venue: UCT Hall 2, Cape Town

VERY IMPORTANT - rules state that all competitors must be at a competition 1 hour before competition time of event (not first event), programme could run early.

07:30 All working staff, competition officials, computer officials and difficulty judges please meet

8:00 Execution Judges Meeting

MEDAL CEREMONY - Between events as soon as final results are available

JUDGES ARE KINDLY REQUESTED NOT TO BE LATE

LEVEL 4 & 5 & 6

TIME	DOUBLE-MINI 1	TIME	DOUBLE-MINI 2	TIME	EURO 1	TIME	EURO 2
8:00	GROUPING WARM-UP GIRLS 13-14 YRS FLIGHT 1 L4 (15) 2 passes			8:00	GROUPING WARM UP GIRLS & BOYS 11-12 YRS L5 (18)		
8:40	COMPETITION GIRLS 13-14YRS FLIGHT 1 L4	8:20	GROUPING WARM-UP GIRLS 13-14YRS FLIGHT 2 L4 (16) 2 passes	8:30	COMPETITION GIRLS & BOYS 11-12 YRS L5 (18)	8:20	GROUPING WARM UP BOYS 9-10 YRS L4 (6) BOYS & GIRLS 6-10 YRS L6 (3) 9-10 YRS L5 (8)
9:10	GROUPING WARM UP GIRLS 11-12 L5 FLIGHT 1 (10) 2 passes	9:10	COMPETITION GIRLS 13-14YRS FLIGHT 2 L4	9:00	GROUPING WARM-UP GIRLS & BOYS 15-O YRS L6 (13)	9:00	COMPETITION BOYS 9-10 YRS L4 (6) BOYS & GIRLS 6-10 YRS L6 (3) 9-10 YRS L5 (8)
9:50	COMPETITION GIRLS 11-12 L5 FLIGHT 1 (10)	9:30	GROUPING WARM UP BOYS 11-12 L5 (18)	9:30	COMPETITION GIRLS & BOYS 15-O YRS L6	9:20	GROUPING WARM UP GIRLS 9-10 YRS L4 FLIGHT 1(13)
10:50	GROUPING WARM-UP GIRLS 13-14 YRS L4 FINALS (10) 2 passes	10:30	COMPETITION BOYS 11-12 L5	10:00	GROUPING WARM UP GIRLS 9-10 YRS L4 FLIGHT 2 (12)	10:10	COMPETITION GIRLS 9-10 YRS L4 FLIGHT 1

11:30	COMPETITION GIRLS 13-14 YRS L4 FINALS	11:20	GROUPING WARM UP GIRLS 11-12 L5 FLIGHT 2 (11) 2 passes	11:10	COMPETITION GIRLS 9-10 YRS L4 FLIGHT 2	11:10	GROUPING WARM UP GIRLS & BOYS 11-12 YRS L6 (6) 13-14 YRS L6 (9)
12:00	GROUPING WARM-UP GIRLS & BOYS 15&O YRS L6 (17)	12:00	COMPETITION GIRLS 11-12 L5 FLIGHT 2	13:00	GROUPING WARM UP GIRLS 9-10 YRS L4 FINALS (10)	12:00	COMPETITION GIRLS & BOYS 11-12 YRS L6 (6) 13-14 YRS L6 (9)
12:40	COMPETITION GIRLS & BOYS 15&O YRS L6	13:30	GROUPING WARM UP GIRLS 11-12 L5 FINALS (10) 2 passes				
13:00		LUNCH		13:15		LUNCH	
13:20	GROUPING WARM UP GIRLS & BOYS 11-12 YRS L6 (14)	14:00	COMPETITION GIRLS 11-12 L5 FINALS	14:00	COMPETITION GIRLS 9-10 YRS L4 FINALS 2	14:00	GROUPING WARM UP GIRLS & BOYS 13-14 YRS L5 (15)
14:30	COMPETITION GIRLS & BOYS 11-12 YRS L6 (14)	14:30	GROUPING WARM UP GIRLS & BOYS 6-8 YRS L5 (6) 6-10 YRS L6 (9)			15:00	COMPETITION GIRLS & BOYS 13-14 YRS L5 (15)
15:30	GROUPING WARM UP BOYS 13-14 YRS L5,6 (18)	15:30	COMPETITION GIRLS & BOYS 6-8 YRS L5 6-10 YRS L6	15:00	GROUPING WARM UP GIRLS & BOYS SYNCHRO ALL LEVELS & AGE GROUPS 13 PAIRS		
16:30	COMPETITION BOYS 13-14 YRS L5,6 (18)	16:45	GROUPING WARM UP GIRLS & BOYS 9-10 YRS L5 (17)	15:50	COMPETITION GIRLS & BOYS SYNCHRO ALL LEVELS & AGE GROUPS 13 PAIRS		
17:10	GROUPING WARM UP GIRLS 13-14 L5,6 (16)	17:30	COMPETITION GIRLS & BOYS 9-10 YRS L5 (17)				
	COMPETITION						

18:15	GIRLS 13-14 L5,6 (16)				
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