**Western Cape Championships Trampoline Program (DMT & TRA) -26 August 2016**

Venue: Eversdal Gymnastics Club

**Double Mini Trampoline**

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| **Session 1** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **DMT** | L3 8&underL3 9—10 years | 12:00 | 12:20 | 12:35 |

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| **Session 2** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **DMT** | L3 11—12 years | 13:00 | 13:20 | 13:35 |

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| **Session 3** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **DMT** | L3 Female 13—14 years | 13:45 | 14:05 | 14:20 |

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| **Session 4** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **DMT** | L3 Male 13—14 yearsL4 Female 10&underL4 Female 11—12 yearsL4 Female 13—14 years | 14:45 | 15:05 | 15:20 |

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| **Session 5** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **DMT** | L4 Male 11—12 yearsL4 Male 13—14 years | 15:45 | 16:05 | 16:20 |

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| **Session 6** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **DMT** | L5 10&underL5 11—12 years | 16:45 | 17:05 | 17:20 |

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| **Session 7** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **DMT** | L3 15&Over | 17:40 | 18:00 | 18:15 |

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| **Session 8** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **DMT** | L4 15&OverL5 15—16 yearsL5 17&OverSenior 17&Over | 18:40 | 19:00 | 19:20 |

All competitors after group 2 must be available at least 30 minutes prior to their reporting time

**Western Cape Championships Trampoline Program (DMT & TRA) - 26 August 2016**

Venue: Eversdal Gymnastics Club

**Individual Trampoline**

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| **Session 1** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **TRA** | L3 8&underL3 9—10 years | 14:10 | 14:30 | 14:45 |

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| **Session 2** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **TRA** | L3 Male 15&OverL4 15&OverL5 Female 11—12 yearsSenior  | 15:00 | 15:20 | 15:35 |

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| **Session 3** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **TRA** | L3 Male 13—14 yearsL3 Female 15&Over | 15:55 | 16:15 | 16:30 |

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| **Session 4** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **TRA** | L3 Female 11—12 yearsL3 Female 13—14 years | 16:50 | 17:10 | 17:30 |

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| **Session 5** | **Level, Gender & Age Group** | **Grouping & General Warm-up** | **Apparatus****Warm-up** | **Competition** |
| **TRA** | L3 Male 11—12 yearsL4 Male 11—12 years | 18:00 | 18:20 | 18:35 |

All competitors after group 2 must be available at least 30 minutes prior to their reporting time