

TRAMPOLINE, TUMBLING & DMT INTER-REGIONAL CHALLENGE CUP FINAL

6 - 7 JULY 2024

TIMETABLE | DAY 1 | SATURDAY

TRAMPOLINE

FLIGHT	TIME	SCHEDULE	PANEL 1	PANEL 2	PANEL 3	PANEL 4
1	07:50 08:10 - 08:45 08:50 08:55 09:00 09:35	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 1 Men 11-12 (1-12)	Level 1 Women 11-12 (1-10)	Level 2 Women 11-12 (1-10)	Level 2 Men 9-10 (1-9)
2	08:35 08:55 - 09:30 09:35 09:40 09:45 10:20	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 1 Men 11-12 (13-21) Level 1 Men 9-10 (1-3)	Level 1 Women 11-12 (11-20)	Level 2 Women 11-12 (11-19)	Level 2 Men 9-10 (10-17)
3	09:20 09:40 - 10:15 10:20 10:25 10:30 11:05	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 1 Men 9-10 (4-15)	Level 1 Women 11-12 (21-27) Level 1 Women 9-10 (1-4)	Level 2 Women 11-12 (20-25) Level 2 Women 9-10 (1-3)	Level 2 Women 13-14 (1-9)
4	10:05 10:25 - 11:00 11:05 11:10 11:15 11:50	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 1 Men 9-10 (16-20) Level 2 Men 11-12 (1-7)	Level 1 Women 9-10 (5-15)	Level 2 Women 9-10 (4-12)	Level 2 Women 13-14 (10-17)
5	10:50 11:10 - 11:45 11:50 11:55 12:00 12:35	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 2 Men 11-12 (8-19)	Level 1 Women 9-10 (16-26)	Level 2 Women 9-10 (13-21)	Level 2 Women 13-14 (18-26)

DMT

FLIGHT	TIME	SCHEDULE	PANEL 5	PANEL 6
1	07:50 08:10 - 08:45 08:50 09:00 09:15 09:35	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 3 Men 13-14 (1-9)	Level 3 Women 15-16 (1-8)
2	08:35 08:55 - 09:30 09:35 09:45 10:00 10:20	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 3 Men 13-14 (10-12) Level 3 Men 15-16 (1-6)	Level 3 Women 15-16 (9-15)
3	09:20 09:40 - 10:15 10:20 10:30 10:45 11:05	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 3 Men 15-16 (7-14)	Level 3 Women 15-16 (16-18) Level 2 Men 13+ (1-6)
4	10:05 10:25 - 11:00 11:05 11:15 11:30 11:50	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 3 Men 17+ (1-7) Level 4 Men 11-12 (1-2)	Level 2 Men 13+ (7-15)
5	10:50 11:10 - 11:45 11:50 12:00 12:15 12:35	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 1 Cat 1 Men 9-14(1-6) 15+(1-2)	Level 4 Men 13-14 (1-3) Level 1 Women 15+ Cat 1(1-2) Cat 2(1-2)

TUMBLING

FLIGHT	TIME	SCHEDULE	PANEL 7	PANEL 8
1	07:50 08:10 - 08:45 08:50 09:00 09:20 09:35	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 1 Women U13 (1-12)	Level 2 Women 13-14 (1-12)
2	08:35 08:55 - 09:30 09:35 09:45 10:05 10:20	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 1 Women U13 (13-23)	Level 2 Women 13-14 (13-24)
3	09:20 09:40 - 10:15 10:20 10:30 10:50 11:05	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 1 Women 13+ (1-12)	Level 2 Women 15+ (1-9)
4	10:05 10:25 - 11:00 11:05 11:15 11:35 11:50	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 1 Women 13+ (13-24)	Level 2 Women 15+ (10-18)
5	10:50 11:10 - 11:45 11:50 12:00 12:20 12:35	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 1 Women 13+ (25-26) Level 2 Men 13-14 (1-9)	Level 2 Women 15+ (19-26)

12:35 - 13:30 LUNCH & AWARDS CEREMONY

6	12:30 12:50 - 13:25 13:30 13:35 13:40 14:15	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 2 Men 13-14 (1-10)	Level 2 Women 15+ (1-10)	Level 1 Women 13-17 (1-9)	Level 1 Men 13-17 (1-10)	6	12:30 12:50 - 13:25 13:30 13:40 13:55 14:15	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 2 Cat 2 Women 9-14(1) 15*(1)	Level 2 Cat 1 Women 9-14(1-2) Men 15+(1)	6	12:30 12:50 - 13:25 13:30 13:40 14:00 14:15	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 1 Men 13+ (1-10)	Level 2 Men 15+ (1-5)
7	13:15 13:35 - 14:10 14:15 14:20 14:25 15:00	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 2 Men 13-14 (11-20)	Level 2 Women 15+ (11-20)	Level 1 Women 13-17 (10-18)	Level 1 Men 13-17 (11-21)	7	13:15 13:35 - 14:10 14:15 14:25 14:40 15:00	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 3 Women 17+ (1-10)	Level 4 Men 15+ (1-7)	7	13:15 13:35 - 14:10 14:15 14:25 14:45 15:00	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 1 Men 13+ (11-13)	Level 2 Women 10-12 (1-9)
8	14:00 14:20 - 14:55 15:00 15:05 15:10 15:45	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 2 Men 15+ (1-12)	Level 2 Women 15+ (21-26) Level 2 Cat 1 Men 9-14 (1-4)	Level 1 Women 13-17 (19-26)	Level 1 Cat 1 Men 9-14 (1-10) Level 1 Cat 1 Women 9-14 (1-2)	8	14:00 14:20 - 14:55 15:00 15:10 15:25 15:45	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 3 Women 17+ (11-20) Level 4 Men 9-10 (1)	Level 3 Women 13-14 (1-10)	8	14:00 14:20 - 14:55 15:00 15:10 15:30 15:45	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 1 Men U13 (8-13)	Level 2 Women 10-12 (10-18)
9	14:45 15:05 - 15:40 15:45 15:50 15:55 16:30	Registration & Stretching Warm Up Hall March In One Touch Compete (2 Exercises) March Out	Level 2 Men 15+ (13-17) Level 1 Cat 1 Men 15+ (1-6)	Level 1 Cat 1 Women 15+ (1-9) Level 1 Cat 2 Women 15+ (1-3)	Level 1 Cat 2 Men 9-14, 15+(1, 1) Cat 2 Women 9-14(1-3) Level 2 Cat 1 Men, Women 15+(1-2), (1-2) Cat 2 Women 9-14, 15+(1, 1)	Level 1 Cat 1 Women 9-14 (3-8) Level 2 Cat 1 Women 9-14 (1-4)	9	14:45 15:05 - 15:40 15:45 15:55 16:10 16:30	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (2 Exercises) March Out	Level 4 Women 11-12 (1-7)	Level 3 Women 13-14 (11-17) Level 4 Women 13-14 (1-3)	9				

16:30 - 17:00 AWARDS CEREMONY