

# TRAMPOLINE, TUMBLING & DMT INTER-REGIONAL CHALLENGE CUP FINAL

6 - 7 JULY 2024

## TIMETABLE | DAY 2 | SUNDAY

### 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 3 Men 9-10 (1-10)	Level 3 Women 11-12 (1-10)	Level 3 Women 9-10 (1-10)	Level 4 Men 10 (1-3)  Level 4 Women 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 4 Women 11-12 (1-12)	Level 3 Women 11-12 (11-20)	Level 3 Women 9-10 (11-15)  Level 4 Men 11-12 (1-5)	Level 4 Women 13-14 (1-12)
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 4 Women 11-12 (13-24)	Level 3 Women 11-12 (21-23)  Level 3 Women 15+ (1-7)	Level 4 Men 11-12 (6-13)  Level 3 Women 13-14 (1-3)	Level 4 Women 13-14 (12-24)
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 4 Women 11-12 (25-27)  Level 3 Men 15+ (1-8)	Level 3 Women 15+ (8-17)	Level 3 Women 13-14 (4-14)	Level 3 Men 11-12 (1-11)
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 3 Men 15+ (9-21)	Level 3 Women 15+ (18-26)	Level 3 Women 13-14 (15-25)	Level 3 Men 11-12 (12-22)

12:35 - 13:30

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 3 Men 13-14 (1-11)	Level 4 Women 15-16 (1-11)	Level 4 Women 17+ (1-11)	Level 4 Men 15-16 (1-12)
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 3 Men 13-14 (12-19)	Level 4 Women 15-16 (12-22)	Level 4 Women 17+ (12-22)	Level 4 Men 15-16 (13-21)  Level 4 Men 17+ (1-3)
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 4 Men 13-14 (4-14)	Level 4 Women 15-16 (23-32)	Level 4 Women 17+ (23-32)	Level 4 Men 17+ (4-15)

15:45 - 16:15

### DMT

FLIGHT	TIME	SCHEDULE	PANEL 5	PANEL 6
1	07:50 08:10 - 08:45 08:50 09:05 09:20 09:35	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 1 Women 13+ (1-8)	Level 1 Men 13+ (1-8)
2	08:35 08:55 - 09:30 09:35 09:50 09:55 10:20	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 1 Women 13+ (9-16)	Level 1 Men 13+ (9-15)
3	09:20 09:40 - 10:15 10:20 10:35 10:50 11:05	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 1 Women 13+ (17-24)	Level 2 Women 13+ (1-10)
4	10:05 10:25 - 11:00 11:05 11:20 11:35 11:50	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 2 Women 11-12 (1-9)	Level 2 Women 13+ (11-20)
5	10:50 11:10 - 11:45 11:50 12:05 12:20 12:35	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 2 Women 11-12 (10-16)  Level 2 Women 9-10 (1-2)	Level 2 Women 13+ (21-26)  Level 2 Men 9-10 (1-4)

LUNCH & AWARDS CEREMONY

6	12:30 12:50 - 13:25 13:30 13:45 14:00 14:15	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 1 Men 9-12 (1-9)	Level 1 Women 9-12 (1-8)
7	13:15 13:35 - 14:10 14:15 14:30 14:45 15:00	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 1 Men 9-12 (10-17)	Level 1 Women 9-12 (9-16)
8	14:00 14:20 - 14:55 15:00 15:15 15:30 15:45	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 2 Men 11-12 (1-8)	Level 1 Women 9-12 (17-24)

AWARDS CEREMONY

### TUMBLING

FLIGHT	TIME	SCHEDULE	PANEL 7	TIME	SCHEDULE	PANEL 8
1	07:50 08:10 - 08:45 08:50 09:00 09:10 09:35	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Men 11-12 (1-9)	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 3 Women U15 (1-13)
2	08:35 08:55 - 09:30 09:35 09:45 09:55 10:20	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Men 15+ (1-9)	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 3 Women U15 (14-19)  Level 3 Women 15+ (1-7)
3	09:20 09:40 - 10:15 10:20 10:30 10:40 11:05	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Men 15+ (10-13)  Level 4 Men 13-14 (1-4)	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 3 Women 15+ (8-17)  Level 3 Men U15 (1-2)
4	10:05 10:25 - 11:00 11:05 11:15 11:25 11:50	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Women 11-12 (1-12)	10:05 10:25 - 11:00 11:05 11:15 11:25 11:50	Registration & Stretching Warm Up Hall March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) March Out	Level 3 Women U15 (3-7)  Level 3 Men 15+ (1-7)
5	10:50 11:10 - 11:45 11:50 12:00 12:10 12:35	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Women 11-12 (13-25)	10:50 11:10 - 11:45 11:50 12:00 12:10 12:35	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Women 15+ (1-12)

LUNCH & AWARDS CEREMONY

6	12:30 12:50 - 13:25 13:30 13:40 13:50 14:15	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Women 13-14 (1-12)	12:30 12:50 - 13:25 13:30 13:40 13:50 14:15	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Women 15+ (13-25)
7	13:15 13:35 - 14:10 14:15 14:25 14:35 15:00	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Women 13-14 (13-24)	13:15 13:35 - 14:10 14:15 14:25 14:35 15:00	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Women 9-10 (1-12)
8	14:00 14:20 - 14:55 15:00 15:10 15:20 15:45	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Men 9-10 (1-10)	14:00 14:20 - 14:55 15:00 15:10 15:20 15:45	Registration & Stretching Warm Up Hall March In & One Touch Compete (1 Exercise) Two Touch & Compete (2 Exercises) March Out	Level 4 Women 9-10 (13-23)

AWARDS CEREMONY