TRAMPOLINE, TUMBLING & DMT INTER-REGIONAL CHALLENGE CUP FINAL 6 - 7 JULY 2024

TIMETABLE | DAY 2 | SUNDAY

	TRAMPOLINE				DMT				TUMBLING				
FLIGHT TIME SCHEDULE	PANEL 1	PANEL 2	PANEL 3	PANEL 4	FLIGHT TIME	SCHEDULE	PANEL 5	PANEL 6	FLIGHT TIME	SCHEDULE	PANEL 7	TIME SCHEDULE	PANEL 8
07:50 Registration & Stretching 08:10 - 08:45 Warm Up Hall 08:50 March in 08:55 One Touch 09:35 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)	07:50 08:10 - 08:4 08:50 09:05 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)	07:50 08:10 - 08:4 08:50 09:00 09:10 09:35	Registration & Stretching 5 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 Registration & Stretching 08:10 - 08:45 Warm Up Hall 08:50 March In & Two Touch 09:00 Compete (2 Exercises) 09:20 One Touch & Compete (1 Exercise) 09:35 March Out	Level 3 Women U15 (1-13)
08:35 Registration & Stretching 08:55 - 09:30 Warm Up Hall 09:35 March In One Touch 09:45 Compete (2 Exercises) March Out 09:40 March Out 09:4	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)	08:35 08:55 - 09:3 09:35 09:50 10:05 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)	08:35 08:55 - 09:3 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 Registration & Stretching Warm Up Hall O9:35 O9:45 March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) One Touch & Compete (1 Exercise)	Level 3 Women U15 (14-19) Level 3 Women 15+ (1-7)
09:20 Registration & Stretching Warm Up Hall 10:20 March in 10:25 10:30 Compete (2 Exercises) 11:05 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)	09:20 09:40 - 10:1 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)	09:20 09:40 - 10:1 10:20 10:30 10:40 11:05	Registration & Stretching 5 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 Registration & Stretching Warm Up Hall Warm Up Hall 10:30 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)
10:05 Registration & Stretching 10:25 - 11:00 Warm Up Hall 11:05 March in 11:10 One Touch 11:50 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)	10:05 10:25 - 11:0 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)	10:05 10:25 - 11:05 11:05 11:15 11:25 11:50	Registration & Stretching 0 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 Registration & Stretching Warm Up Hall Warm Up Hall 1:15 March In & Two Touch Compete (2 Exercises) One Touch & Compete (1 Exercise) 11:55 March Dut & Compete (1 Exercise)	Level 3 Men U15 (3-7) Level 3 Men 15+ (1-7)
10:50 Registration & Stretching 11:10 - 11:45 Warm Up Hall 11:50 March In 11:55 One Touch 12:00 Compete (2 Exercises) 12:35 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)	10:50 11:10 - 11:4 5 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)	10:50 11:10 - 11:4 5 11:50 12:00 12:10 12:35	Registration & Stretching 5 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 Registration & Stretching 11:10 - 11:45 Warm Up Hall 12:00 March In & One Touch 12:00 Compete (1 Exercise) 12:10 Two Touch & Compete (2 Exercises) 12:35 March Out	Level 4 Women 15+ (1-12)
12:35 - 13:30						LUNCH	& AWARDS CEREMONY						
12:30 Registration & Stretching 12:50 - 13:25 Warm Up Hall 13:30 March In 13:35 One Touch 13:40 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)	12:30 12:50 - 13:2 6 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)	12:30 12:50 - 13:2 6 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 Registration & Stretching 12:50 - 13:25 Warm Up Hall 13:30 March In & One Touch Compete (1 Exercise) 13:50 Touch & Compete (2 Exercises) 14:15 March Out	Level 4 Women 15+ (13-25)
13:15 Registration & Stretching 13:35 - 14:10 Warm Up Hall 14:15 March in 14:20 One Touch 14:25 Compete (2 Exercises) 15:00 March Out	Level 3 Men 13-14 (12-19) Level 4 Men 13-14 (1-3)	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)	13:15 13:35 - 14:1 7 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)	7 13:15 13:35 - 14:1 14:15 14:25 14:35 15:00	Registration & Stretching 0 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 Registration & Stretching Warm Up Hall 14:15 March In & One Touch 14:25 Compete (1 Exercise) 14:35 Two Touch & Compete (2 Exercises) 15:00 March Out	Level 4 Women 9-10 (1-12)
14:00 Registration & Stretching 14:20 - 14:55 Warm Up Hall 15:05 March In 15:05 One Touch 15:10 Compete (2 Exercises) 15:45 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)	14:00 14:20 - 14:5 8 15:00 15:15 15:30 15:45	Registration & Stretching 5 Warm Up Hall March In & Two Touch Compete (2 Exercises) Compete (2 Exercises) March Out	Level 2 Men 11-12 (1-3)	Level 1 Women 9-12 (17-24)	8 15:00 15:10 15:20	Registration & Stretching 5 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 Registration & Stretching 14:20 - 14:55 Warm Up Hall March In & One Touch 15:10 Compete (1 Exercise) 15:20 Two Touch & Compete (2 Exercises) 15:45 March Out	Level 4 Women 9-10 (13-23)