

The competition organisers reserve the right to run an hour early or late.

Friday 17th June - TUMBLING

TIME	EVENT (at CSG, 18 Watts Road, Sockburn)
6:00pm – 9:00pm(<i>approx</i>)	General Warm-Up Tumbling

Saturday 18th June - INTERNATIONAL

TIME	EVENT
7:00am	General Warm-Up DMT & Trampoline
8:45am	Judges Meeting
9:00am	Opening Ceremony
9:15am	Session 1: Prelims International Men's and Women's DMT
11:00am	Session 2: International Men's and Women's Synchro
1:00pm	PRIZE GIVING DMT & SYNCHRO
1:15pm	Lunch ☺ and Warm-Up Trampoline
1:30pm	Session 3: Sub Junior International Men's and Women's Tramp
3:35pm	Session 4: Senior & Junior International Men's and Women's Tramp
5:50pm	PRIZE GIVING TRAMPOLINE
6:10pm	Competition ends for the day

Sunday 19th June - AGE

TIME	EVENT	
7:00am	General Warm-Up DMT & Trampoline	
8:45am	Judges Meeting	
9:00am	Opening Ceremony	
	TRAMP	DMT
9:15am	Session 5: 10U Men's Tramp 10U Women's Tramp	11-12 Men's DMT 11-12 Women's DMT
	Session 6: 13-14 Men's & Women's Tramp	15+ Men's and Women's DMT
12:00pm	Trampoline Demonstration by International Athletes	
	Lunch ☺ and Warm-Up Synchro	
12:30pm	Session 7: 11-12 Men's Tramp 11-12 Women's Tramp	10U Women's DMT 10U Men's DMT
	Session 8: 15+ Men's and Women's Tramp	13-14 Men's DMT 13-14 Women's DMT
3:30pm	Session 9: 10U Men's and Women's Synchro	
	Session 10: 11-12 Men's and Women's Synchro	
	Session 11: 13+ Men's and Women's Synchro	
5.15pm	PRIZE GIVING	
5.30pm	Competition ends	