

## Timetable 2016 GSNZ

### Upper South Islands Trampoline Championships

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

#### Friday 5<sup>th</sup> August - TUMBLING

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

#### Saturday 6<sup>th</sup> August – INTERNATIONAL & 15+

TIME	EVENT
7:00am	General Warm-Up DMT & Trampoline
8:45am	Judges Meeting
9:00am	Opening Ceremony
9:15am	<b>Session 1:</b> International and 15+ Men's and Women's Synchro
10:40am	<b>Session 2:</b> International and 15+ Men's and Women's Tramp (Preliminaries)
12.40pm	Lunch & warmup for Finals
1:15pm	<b>Session 3:</b> International and 15+ Men's and Women's Tramp (Finals)
2.15pm	Afternoon Tea & warmup for DMT (everyone)
2:45pm	<b>Session 4:</b> International and 15+ Men's and Women's DMT
5:00pm	PRIZEGIVING
5.15pm	Competition ends for the day

#### Sunday 8<sup>th</sup> August – AGE (*except 15+*)

TIME	EVENT	
7:00am	General Warm-Up DMT & Trampoline	
8:45am	Judges Meeting	
9:00am	Opening Ceremony	
	TRAMP	DMT
9:15am	<b>Session 5:</b> 13-14 Men's & Women's Tramp 11-12 Women's Tramp 9-10 Men's Tramp	11-12 Men's DMT 9-10 Women's DMT 8U Men's and Women's DMT
11:55am	Lunch & Trampoline Demonstration by International Athletes	
12:20pm	<b>Session 6:</b> 11-12 Men's Tramp 9-10 Women's Tramp 8U Men's and Women's Tramp	13-14 Men's & Women's DMT 11-12 Women's DMT 9-10 Men's DMT
2.40pm	Afternoon Tea & warmup for Synchro	
3:15pm	<b>Session 7:</b> 8U+ Men's and Women's Synchro	
4.30pm	PRIZE GIVING	
4.45pm	Competition ends	