

Trampoline & Tumbling NDP Finals 2018  
Timetable - SATURDAY

Updated 18/06/2018

Version 1.0

PODIUM TRAINING

FLIGHT	TIME	ACTIVITY	TRI		TIME	ACTIVITY	DMT		TIME	ACTIVITY	TUM	
			PANEL 1	PANEL 2			PANEL 3	PANEL 4			PANEL 5	
1		Registration	NDP 1 Women 9-10yrs (1-8)	NDP 1 Women 11-12yrs (1-8)		Registration	NDP 7 Women 15-16yrs (1)		Registration	NDP 1 Men 9-10yrs (1-8)	NDP 1 Women 9-10yrs (1-8)	
		General Warm-up - Stretching Area	NDP 1 Men 9-10yrs (1-8)	NDP 1 Men 11-12yrs (1-8)		General Warm-up - Warm-up Area	NDP 7 Women 17+ (1-6)		General Warm-up - Warm-up Area			
		March In & One Touch Warm-Up				March in & 2 Touch Warm-Up	NDP 7 Men 11-14yrs (1-3)		March in & 4 Touch Warm-Up			
		Compete - 2 routines				Compete 1&2	NDP 7 Men 15-16yrs (1-3)		Compete			
						2 Touch Warm-Up	NDP 6 Men 17+ (1-2)					
		March Out				Compete 3&4			March Out			
2		Registration	NDP 1 Women 13+yrs (1-8)	NDP Women 13+yrs (1-8)		Registration	NDP 6 Women 9-12yrs (1-5)		Registration	NDP 1 Men 11-12yrs (1-8)	NDP 1 Women 11-12yrs (1-8)	
		General Warm-up - Stretching Area	NDP 1 Men 13+yrs (1-8)	NDP 2 Men 13+yrs (1-8)		General Warm-up - Warm-up Area	NDP 6 Men 9-12yrs (1-4)		General Warm-up - Warm-up Area			
		March In & One Touch Warm-Up				March in & 2 Touch Warm-Up	NDP 6 Women 13-14yrs (1-7)		March in & 4 Touch Warm-Up			
		Compete - 2 routines				Compete 1&2			Compete			
		One Touch Warm-up				2 Touch Warm-Up						
		Compete - voluntary routine				Compete 3&4			March Out			
3		Registration	NDP 2 Women 11-12yrs (1-8)	NDP 2 Women 9-10yrs (1-8)		Registration	NDP 7 Men 17+yrs (1-5)		Registration	NDP 1 Men 13+yrs (1-5)	NDP 1 Women 13+yrs (1-8)	
		General Warm-up - Stretching Area	NDP 2 Men 11-12yrs (1-8)	NDP 2 Men 9-10yrs (1-8)		General Warm-up - Warm-up Area	NDP 6 Women 17+ (1-8)		General Warm-up - Warm-up Area			
		March In & One Touch Warm-Up				March in & 2 Touch Warm-Up	NDP 5 Men 15+yrs (1-3)		March in & 4 Touch Warm-Up			
		Compete - 2 routines				Compete 1&2			Compete			
		One Touch Warm-up				2 Touch Warm-Up						
		Compete - voluntary routine				Compete 3&4			March Out			
4		Registration	NDP 2 DIS	NDP 3 DIS		Registration	NDP 6 Men 13-14yrs (1-8)		Registration	NDP 2 Men 9-10yrs (1-8)	NDP 2 Women 9-10yrs (1-8)	
		General Warm-up - Stretching Area	Cat 1 Women (1-5)	Cat 1 Women (1-5)		General Warm-up - Warm-up Area	NDP 6 Men 15-16yrs (1-8)		General Warm-up - Warm-up Area			
		March In & One Touch Warm-Up	Cat 1 Men (1-4)	Cat 1 Men (1)		March in & 2 Touch Warm-Up			March in & 4 Touch Warm-Up			
		Compete - 2 routines	Cat 2 Women (1-3)	Cat 2 Women (2)		Compete 1&2			Compete			
		One Touch Warm-up	Cat 2 Men (1)			2 Touch Warm-Up						
		Compete - voluntary routine				Compete 3&4			March Out			
LUNCH												
Presentations												
5		Registration	NDP 3 Women 11-12yrs (1-8)	NDP 3 Women 9-10yrs (1-8)		Registration	NDP 6 Women 15-16yrs (1-8)		Registration	NDP 2 Men 11-12yrs (1-8)	NDP Women 11-12yrs (1-8)	
		General Warm-up - Stretching Area	NDP 3 Men 11-12yrs (1-8)	NDP 3 Men 9-10yrs (1-8)		General Warm-up - Warm-up Area	NDP 5 Women 15+yrs (1-8)		General Warm-up - Warm-up Area			
		March In & One Touch Warm-Up				March in & 2 Touch Warm-Up			March in & 4 Touch Warm-Up			
		Compete - 2 routines				Compete 1&2			Compete			
		One Touch Warm-up				2 Touch Warm-Up						
		Compete - voluntary routine				Compete 3&4			March Out			
6		Registration	NDP 3 Women 13+yrs (1-8)	NDP 4 Women 13+yrs (1-8)		Registration	NDP 5 Women 9-10yrs (1)		Registration	NDP 2 Men 13+yrs (1-8)	NDP 2 Women 13+yrs (1-8)	
		General Warm-up - Stretching Area	NDP 3 Men 13+yrs (1-8)	NDP 4 Men 13+yrs (1-8)		General Warm-up - Warm-up Area	NDP 5 Women 11-12yrs (1-7)		General Warm-up - Warm-up Area			
		March In & One Touch Warm-Up				March in & 2 Touch Warm-Up	NDP 5 Women 13-14yrs (1-8)		March in & 4 Touch Warm-Up			
		Compete - 2 routines				Compete 1&2			Compete			
		One Touch Warm-up				2 Touch Warm-Up						
		Compete - voluntary routine				Compete 3&4			March Out			
7		Registration	NDP 4 Women 9-10yrs (1-8)	NDP 4 Women 11-12yrs (1-8)		Registration	NDP 5 Men 11-12yrs (1)		Registration	NDP 3 Men 11-12yrs (1-8)	NDP 3 Women 9-10yrs (1-7)	
		General Warm-up - Stretching Area	NDP 4 Men 9-10yrs (1-4)	NDP 4 Men 11-12yrs (1-8)		General Warm-up - Warm-up Area	NDP 5 Men 13-14 yrs (1-4)		General Warm-up - Warm-up Area			
		March In & One Touch Warm-Up				March in & 2 Touch Warm-Up			March in & 4 Touch Warm-Up			
		Compete - 2 routines				Compete 1&2	NDP 4 Men 11-12yrs (1-5)		Compete			
		One Touch Warm-up				2 Touch Warm-Up	NDP 4 Men 13+yrs (1-6)					
		Compete - voluntary routine				Compete 3&4			March Out			
8		Registration	NDP 5 Women 9-10yrs (1-8)	NDP 5 Women 11-12yrs (1-8)		Registration	NDP 4 Women 11-12yrs (1-2)		Registration	NDP 3 Women 11-12yrs (1-8)	NDP 3 Women 13+yrs (1-8)	
		General Warm-up - Stretching Area	NDP 5 Men 9-10yrs (1)	NDP 5 Men 11-12yrs (1-8)		General Warm-up - Warm-up Area	NDP 4 Women 13+yrs (1-8)		General Warm-up - Warm-up Area			
		March In & One Touch Warm-Up				March in & 2 Touch Warm-Up	NDP 4 Women 9-10yrs (1)		March in & 4 Touch Warm-Up			
		Compete - 2 routines				Compete 1&2	NDP 3 Women 11-12yrs (1-7)		Compete			
		One Touch Warm-up				2 Touch Warm-Up						
	17:00	Compete - voluntary routine				Compete 3&4			March Out			
9		Registration				Registration						
		General Warm-up - Stretching Area				General Warm-up - Warm-up Area						
		March In & One Touch Warm-Up				March in & 2 Touch Warm-Up						
		Compete - 2 routines				Compete 1&2						
		One Touch Warm-up				2 Touch Warm-Up						
		Compete - voluntary routine				Compete 3&4						
	March Out				March Out							
Presentations												













Trampoline & Tumbling NDP Finals 2018  
Timetable - SUNDAY

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PODIUM TRAINING

FLIGHT	TIME	ACTIVITY	TRI PANEL 1	TRI PANEL 2	Time	ACTIVITY	FIG DMT PANEL 3	TIME	ACTIVITY	TUM PANEL 4	TUM PANEL 5
1		Registration	NDP 5 Women 15+ys (1-8)	NDP 5 Women 13-14ys (1-8)		Registration	NDP 1 Women 9-10ys (1-8)		Registration	NDP 3 Men 13+ys (1-7)	NDP 4 Women 9-10ys (1-8)
		General Warm-up - Stretching Area	NDP 5 Men 15+ys (1-8)	NDP 5 Men 13-14ys (1-8)		General Warm-up - Warm-up Area	NDP 1 Men 9-10ys (1-8)		General Warm-up - Warm-up Area		
		March In & One Touch Warm-Up				March In & 2 Touch Warm-Up			March In & 4 Touch Warm-Up		
		Compete - 2 routines				Compete 1&2					
		One Touch Warm-up				2 Touch Warm-Up			Compete		
		March Out				Compete 3&4 March Out			March Out		
2		Registration	NDP 6 Men 11-12ys (2)	NDP 6 Women 15-16ys (1-8)		Registration	NDP 1 Women 11-12 yrs (1-8)		Registration	NDP 4 Men 9-10ys (1-8)	NDP 4 Women 11-12ys (1-8)
		General Warm-up - Stretching Area	NDP 6 Men 13-14ys (1-8)	NDP 6 Women 11-12ys (1-2)		General Warm-up - Warm-up Area	NDP 1 Men 11-12ys (1-8)		General Warm-up - Warm-up Area		
		March In & One Touch Warm-Up				March In & 2 Touch Warm-Up			March In & 4 Touch Warm-Up		
		Compete - 2 routines				Compete 1&2					
		One Touch Warm-up				2 Touch Warm-Up			Compete		
		March Out				Compete 3&4 March Out			March Out		
3		Registration	NDP 6 Men 15-16ys (1-8)	NDP 6 Women 13-14ys (1-8)		Registration	NDP 1 Women 13+ys (1-8)		Registration	NDP 4 Men 11-12ys (1-8)	NDP 4 Women 13+ys (1-8)
		General Warm-up - Stretching Area	NDP 6 Men 17+ys (1-8)	NDP 6 Women 17+ys (1-8)		General Warm-up - Warm-up Area	NDP 1 Men 13+ys (1-4)		General Warm-up - Warm-up Area		
		March In & One Touch Warm-Up				March In & 2 Touch Warm-Up	NDP 2 Men 9-10ys (1-3)		March In & 4 Touch Warm-Up		
		Compete - 2 routines				Compete 1&2					
		One Touch Warm-up				2 Touch Warm-Up			Compete		
		March Out				Compete 3&4 March Out			March Out		
4		Registration	DIS			Registration	NDP 2 Women 9-10ys (1-8)		Registration	NDP 4 Men 13+ys (1-8)	NDP 5 Women 10-12ys (1-8)
		General Warm-up - Stretching Area	Nat 1 Cat 1 Men (1-5)			General Warm-up - Warm-up Area	NDP 2 Women 11-12ys (1-8)		General Warm-up - Warm-up Area		
		March In & One Touch Warm-Up	Nat 1 Cat 1 Women (1-3)			March In & 2 Touch Warm-Up			March In & 4 Touch Warm-Up		
		Compete - 2 routines	Nat 1 Cat 2 Men (1)			Compete 1&2					
		One Touch Warm-up	Nat 1 Cat 2 Women (1-2)			2 Touch Warm-Up			Compete		
		March Out				Compete 3&4 March Out			March Out		
LUNCH PRESENTATIONS											
5		Registration	NDP Performance	NDP Performance		Registration	NDP 2 Men 11-12ys (1-8)		Registration	NDP 5 Men 10-12ys (1-7)	NDP 5 Women 13-14ys (1-8)
		General Warm-up - Stretching Area	Women 9-10ys (1-8)	Women 11-12ys (1-8)		General Warm-up - Warm-up Area	NDP 2 Men 13+ys (1-7)		General Warm-up - Warm-up Area		
		March In & One Touch Warm-Up	Men 9-10ys (1-8)	Men 11-12ys (1-8)		March In & 2 Touch Warm-Up			March In & 4 Touch Warm-Up		
		Compete - 2 routines				Compete 1&2					
		One Touch Warm-up				2 Touch Warm-Up			Compete		
		March Out				Compete 3&4 March Out			March Out		
6		Registration	NDP Performance	NDP Performance		Registration	NDP 2 Women 13+ys (1-8)		Registration	NDP 5 Men 13-14ys (1-8)	NDP 5 Women 15+ys (1-8)
		General Warm-up - Stretching Area	Women 13-14ys (1-8)	Women 15-16ys (1-8)		General Warm-up - Warm-up Area	NDP 3 Women 13+ys (1-8)		General Warm-up - Warm-up Area		
		March In & One Touch Warm-Up	Men 13-14ys (1-8)	Men 15-16ys (1-8)		March In & 2 Touch Warm-Up			March In & 4 Touch Warm-Up		
		Compete - 2 routines				Compete 1&2					
		One Touch Warm-up				2 Touch Warm-Up			Compete		
		March Out				Compete 3&4 March Out			March Out		
7		Registration	NDP Performance	NDP Performance		Registration	NDP 3 Women 9-10ys (1-3)		Registration	NDP 5 Men 15+ys (1-8)	NDP 6 Women 13+ys (1-7)
		General Warm-up - Stretching Area	Women 17-18ys (1-8)	Men 17-18ys (1-8)		General Warm-up - Warm-up Area	NDP 3 Men 9-10ys (1-4)		General Warm-up - Warm-up Area	NDP 6 Men 13+ (1-4)	NDP 6 Women 11-13 (1-2)
		March In & One Touch Warm-Up	Women 19+ys (1-8)	Men 19+ys (1-3)		March In & 2 Touch Warm-Up	NDP 3 Men 11-12ys (1-4)		March In & 4 Touch Warm-Up	NDP 6 Men U13 (1)	NDP 7 Men 13+ys (1-2)
		Compete - 2 routines				Compete 1&2	NDP 3 Men 13+ys (1-5)				
		One Touch Warm-up				2 Touch Warm-Up			Compete		
		March Out				Compete 3&4 March Out			March Out		
8											
PRESENTATIONS											









