

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

23 - 24 SEPTEMBER 2023

## ORIENTATION SCHEDULE

### FRIDAY 22 SEPTEMBER

#### TRAMPOLINE

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Warm Up Hall Stretching Area 15:00 - 15:30 Warm Up Hall Apparatus 15:30 - 16:00 Field of Play Apparatus 16:00 - 16:30  West Midlands (20) North West (15) London (12)	Warm Up Hall Stretching Area 15:30 - 16:00 Warm Up Hall Apparatus 16:00 - 16:30 Field of Play Apparatus 16:30 - 17:00  South West (21) East Midlands (13) South (14)	Warm Up Hall Stretching Area 16:00 - 16:30 Warm Up Hall Apparatus 16:30 - 17:00 Field of Play Apparatus 17:00 - 17:30  West Midlands (19) North West (16) London (13)	Warm Up Hall Stretching Area 16:30 - 17:00 Warm Up Hall Apparatus 17:00 - 17:30 Field of Play Apparatus 17:30 - 18:00  South West (21) East Midlands (12) South (14)
GROUP 5	GROUP 6	GROUP 7	GROUP 8
Warm Up Hall Stretching Area 17:00 - 17:30 Warm Up Hall Apparatus 17:30 - 18:00 Field of Play Apparatus 18:00 - 18:30  Wales (16) South East (14) East (16)	Warm Up Hall Stretching Area 17:30 - 18:00 Warm Up Hall Apparatus 18:00 - 18:30 Field of Play Apparatus 18:30 - 19:00  North of England (10) Yorkshire (12) Northern Ireland (12) Scotland (12)	Warm Up Hall Stretching Area 18:00 - 18:30 Warm Up Hall Apparatus 18:30 - 19:00 Field of Play Apparatus 19:00 - 19:30  Wales (17) South East (14) East (16)	Warm Up Hall Stretching Area 18:30 - 19:00 Warm Up Hall Apparatus 19:00 - 19:30 Field of Play Apparatus 19:30 - 20:00  North of England (10) Yorkshire (13) Northern Ireland (12) Scotland (12)

**WANSBECK  
VELOCITY  
AERODYNE**

**CARLISLE, APOLLO,  
BELLE VUE, NORTH  
STAR**

#### DMT

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Warm Up Hall Stretching Area 15:00 - 15:30 Warm Up Hall Apparatus 15:30 - 16:00 Field of Play Apparatus 16:00 - 16:30  South (16)	Warm Up Hall Stretching Area 15:30 - 16:00 Warm Up Hall Apparatus 16:00 - 16:30 Field of Play Apparatus 16:30 - 17:00  South West (19)	Warm Up Hall Stretching Area 16:00 - 16:30 Warm Up Hall Apparatus 16:30 - 17:00 Field of Play Apparatus 17:00 - 17:30  West Midlands (10) London (6)	Warm Up Hall Stretching Area 16:30 - 17:00 Warm Up Hall Apparatus 17:00 - 17:30 Field of Play Apparatus 17:30 - 18:00  East Midlands (6) North West (7)
GROUP 5	GROUP 6	GROUP 7	GROUP 8
Warm Up Hall Stretching Area 17:00 - 17:30 Warm Up Hall Apparatus 17:30 - 18:00 Field of Play Apparatus 18:00 - 18:30  South East (10) Yorkshire (1)	Warm Up Hall Stretching Area 17:30 - 18:00 Warm Up Hall Apparatus 18:00 - 18:30 Field of Play Apparatus 18:30 - 19:00  Northern Ireland (10) North of England (6)	Warm Up Hall Stretching Area 18:00 - 18:30 Warm Up Hall Apparatus 18:30 - 19:00 Field of Play Apparatus 19:00 - 19:30  East (9) Wales (5)	Warm Up Hall Stretching Area 18:30 - 19:00 Warm Up Hall Apparatus 19:00 - 19:30 Field of Play Apparatus 19:30 - 20:00  Scotland (12)

**ALL SAT DMT**

#### TUMBLING

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Warm Up Hall Stretching Area 15:00 - 15:30 Warm Up Hall Apparatus 15:30 - 16:00 Field of Play Apparatus 16:00 - 16:30  East (9) London (6) North West (8)	Warm Up Hall Stretching Area 15:30 - 16:00 Warm Up Hall Apparatus 16:00 - 16:30 Field of Play Apparatus 16:30 - 17:00  South West (8) West Midlands (8) Yorkshire (7)	Warm Up Hall Stretching Area 16:00 - 16:30 Warm Up Hall Apparatus 16:30 - 17:00 Field of Play Apparatus 17:00 - 17:30  East (9) London (7) North West (7)	Warm Up Hall Stretching Area 16:30 - 17:00 Warm Up Hall Apparatus 17:00 - 17:30 Field of Play Apparatus 17:30 - 18:00  South West (8) West Midlands (8) Yorkshire (7)
GROUP 5	GROUP 6	GROUP 7	GROUP 8
Warm Up Hall Stretching Area 17:00 - 17:30 Warm Up Hall Apparatus 17:30 - 18:00 Field of Play Apparatus 18:00 - 18:30  Northern Ireland (5) Wales (6) North of England (6) East Midlands (6)	Warm Up Hall Stretching Area 17:30 - 18:00 Warm Up Hall Apparatus 18:00 - 18:30 Field of Play Apparatus 18:30 - 19:00  Scotland (7) South (8) South East (7)	Warm Up Hall Stretching Area 18:00 - 18:30 Warm Up Hall Apparatus 18:30 - 19:00 Field of Play Apparatus 19:00 - 19:30  Northern Ireland (5) Wales (7) North of England (5) East Midlands (6)	Warm Up Hall Stretching Area 18:30 - 19:00 Warm Up Hall Apparatus 19:00 - 19:30 Field of Play Apparatus 19:30 - 20:00  Scotland (7) South (8) South East (7)

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

23 - 24 SEPTEMBER 2023

## ORIENTATION SCHEDULE

SATURDAY 23 SEPTEMBER

### TRAMPOLINE

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Warm Up Hall Stretching Area 15:45 - 16:15 Warm Up Hall Apparatus 16:15 - 16:45 Field of Play Apparatus 16:45 - 17:15	Warm Up Hall Stretching Area 16:15 - 16:45 Warm Up Hall Apparatus 16:45 - 17:15 Field of Play Apparatus 17:15 - 17:45	Warm Up Hall Stretching Area 16:45 - 17:15 Warm Up Hall Apparatus 17:15 - 17:45 Field of Play Apparatus 17:45 - 18:15	Warm Up Hall Stretching Area 17:15 - 17:45 Warm Up Hall Apparatus 17:45 - 18:15 Field of Play Apparatus 18:15 - 18:45
East (24) North West (18)	East Midlands (18) South East (26)	Wales (18) Scotland (24)	South (27) Northern Ireland (15)
GROUP 5	GROUP 6	GROUP 7	
Warm Up Hall Stretching Area 17:45 - 18:15 Warm Up Hall Apparatus 18:15 - 18:45 Field of Play Apparatus 18:45 - 19:15	Warm Up Hall Stretching Area 18:15 - 18:45 Warm Up Hall Apparatus 18:45 - 19:15 Field of Play Apparatus 19:15 - 19:45	Warm Up Hall Stretching Area 18:45 - 19:15 Warm Up Hall Apparatus 19:15 - 19:45 Field of Play Apparatus 19:45 - 20:15	
West Midlands (27) Yorkshire (10) North West (6)	North of England (23) London (23) <b>ALL SUN TRA</b>	South West (29) Yorkshire (11)	

### DMT

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Warm Up Hall Stretching Area 15:45 - 16:15 Warm Up Hall Apparatus 16:15 - 16:45 Field of Play Apparatus 16:45 - 17:15	Warm Up Hall Stretching Area 16:15 - 16:45 Warm Up Hall Apparatus 16:45 - 17:15 Field of Play Apparatus 17:15 - 17:45	Warm Up Hall Stretching Area 16:45 - 17:15 Warm Up Hall Apparatus 17:15 - 17:45 Field of Play Apparatus 17:45 - 18:15	Warm Up Hall Stretching Area 17:15 - 17:45 Warm Up Hall Apparatus 17:45 - 18:15 Field of Play Apparatus 18:15 - 18:45
Scotland (12) Northern Ireland (10)	Yorkshire (7) London (13)	East (9) North of England (12) <b>ALL SUN DMT</b>	South East (9) North West (10)
GROUP 5	GROUP 6	GROUP 7	
Warm Up Hall Stretching Area 17:45 - 18:15 Warm Up Hall Apparatus 18:15 - 18:45 Field of Play Apparatus 18:45 - 19:15	Warm Up Hall Stretching Area 18:15 - 18:45 Warm Up Hall Apparatus 18:45 - 19:15 Field of Play Apparatus 19:15 - 19:45	Warm Up Hall Stretching Area 18:45 - 19:15 Warm Up Hall Apparatus 19:15 - 19:45 Field of Play Apparatus 19:45 - 20:15	
South West (17) East Midlands (5)	South (13) Wales (6)	West Midlands (12) North West (10)	

### TUMBLING

GROUP 1	GROUP 2	GROUP 3	GROUP 4
Warm Up Hall Stretching Area 15:45 - 16:15 Warm Up Hall Apparatus 16:15 - 16:45 Field of Play Apparatus 16:45 - 17:15	Warm Up Hall Stretching Area 16:15 - 16:45 Warm Up Hall Apparatus 16:45 - 17:15 Field of Play Apparatus 17:15 - 17:45	Warm Up Hall Stretching Area 16:45 - 17:15 Warm Up Hall Apparatus 17:15 - 17:45 Field of Play Apparatus 17:45 - 18:15	Warm Up Hall Stretching Area 17:15 - 17:45 Warm Up Hall Apparatus 17:45 - 18:15 Field of Play Apparatus 18:15 - 18:45
Wales (8) West Midlands (8) North West (9)	South (9) Scotland (9) North of England (8)	Wales (8) West Midlands (9) North West (8)	South (9) Scotland (8) North of England (9)
GROUP 5	GROUP 6	GROUP 7	
Warm Up Hall Stretching Area 17:45 - 18:15 Warm Up Hall Apparatus 18:15 - 18:45 Field of Play Apparatus 18:45 - 19:15	Warm Up Hall Stretching Area 18:15 - 18:45 Warm Up Hall Apparatus 18:45 - 19:15 Field of Play Apparatus 19:15 - 19:45	Warm Up Hall Stretching Area 18:45 - 19:15 Warm Up Hall Apparatus 19:15 - 19:45 Field of Play Apparatus 19:45 - 20:15	
East (8) London (6) South East (5) Yorkshire (7)	South West (14) East Midlands (8) Northern Ireland (3)	East (8) London (6) South East (5) Yorkshire (8)	