

TRAMPOLINE, TUMBLING & DMT INTER-REGIONAL CHALLENGE CUP FINAL

23 - 24 SEPTEMBER 2023

TIMETABLE | DAY 1

TRAMPOLINE					DMT					TUMBLING						
FLIGHT	TIME	SCHEDULE	PANEL 1	PANEL 2	PANEL 3	PANEL 4	FLIGHT	TIME	SCHEDULE	PANEL 5	FLIGHT	TIME	SCHEDULE	PANEL 6	PANEL 7	
1	07:40	Registration & Stretching					1	07:40	Registration		3	07:40	Registration			
	08:00-08:40	Warm Up Hall						08:00-08:40	Warm Up Hall				08:00-08:40	Warm Up Hall		
	08:45	March In						08:45	March In & Two Touch				08:45	March In & Two Touch		
	08:50	One Touch						08:55	Compete (2 Exercises)				08:55	Compete (2 Exercises)		
	08:55	Compete (2 Exercises)						09:10	One Touch & Compete (2 Exercises)				09:15	One Touch & Compete (1 Exercise)		
		March Out					09:35	March Out			09:35	March Out				
			MAX.B, ETHAN C	SOPHIE D		OLIVIA L, IZZY C				JOSEPH B, JOSEPH N						
2	08:30	Registration & Stretching					2	08:30	Registration		2	08:30	Registration			
	08:50-09:30	Warm Up Hall						08:50-09:30	Warm Up Hall				08:50-09:30	Warm Up Hall		
	09:35	March In						09:35	March In & Two Touch				09:35	March In & Two Touch		
	09:40	One Touch						09:45	Compete (2 Exercises)				09:45	Compete (2 Exercises)		
	09:45	Compete (2 Exercises)						10:00	One Touch & Compete (2 Exercises)				10:05	One Touch & Compete (1 Exercise)		
		March Out					10:25	March Out			10:25	March Out				
				AMELIA TB												
3	09:20	Registration & Stretching					3	09:20	Registration		3	09:20	Registration			
	09:40-10:20	Warm Up Hall						09:40-10:20	Warm Up Hall				09:40-10:20	Warm Up Hall		
	10:25	March In						10:25	March In & Two Touch				10:25	March In & Two Touch		
	10:30	One Touch						10:35	Compete (2 Exercises)				10:35	Compete (2 Exercises)		
	10:35	Compete (2 Exercises)						10:50	One Touch & Compete (2 Exercises)				10:55	One Touch & Compete (1 Exercise)		
		March Out					11:15	March Out			11:15	March Out				
										MICHAEL S						
										CHARLOTTE C						
4	10:10	Registration & Stretching					4	10:10	Registration		4	10:10	Registration			
	10:30-11:10	Warm Up Hall						10:30-11:10	Warm Up Hall				10:30-11:10	Warm Up Hall		
	11:15	March In						11:15	March In & Two Touch				11:15	March In & Two Touch		
	11:20	One Touch						11:25	Compete (2 Exercises)				11:25	Compete (2 Exercises)		
	11:25	Compete (2 Exercises)						11:40	One Touch & Compete (2 Exercises)				11:45	One Touch & Compete (1 Exercise)		
		March Out					12:05	March Out			12:05	March Out				
			LIAM K, LEO L	AVA M, BROOKE P		AMELIA M, AVA L				Disabilities						
										All (1 - 16)						
12:05 - 12:45 LUNCH & AWARDS CEREMONY																
5	11:40	Registration & Stretching					5	11:40	Registration		5	11:40	Registration			
	12:00-12:40	Warm Up Hall						12:00-12:40	Warm Up Hall				12:00-12:40	Warm Up Hall		
	12:45	March In						12:45	March In & Two Touch				12:45	March In & Two Touch		
	12:50	One Touch						12:55	Compete (2 Exercises)				12:55	Compete (2 Exercises)		
	12:55	Compete (2 Exercises)						13:10	One Touch & Compete (2 Exercises)				13:15	One Touch & Compete (1 Exercise)		
		March Out					13:35	March Out			13:35	March Out				
6	12:30	Registration & Stretching					6	12:30	Registration		6	12:30	Registration			
	12:50-13:30	Warm Up Hall						12:50-13:30	Warm Up Hall				12:50-13:30	Warm Up Hall		
	13:35	March In						13:35	March In & Two Touch				13:35	March In & Two Touch		
	13:40	One Touch						13:45	Compete (2 Exercises)				13:45	Compete (2 Exercises)		
	13:45	Compete (2 Exercises)						14:00	One Touch & Compete (2 Exercises)				14:05	One Touch & Compete (1 Exercise)		
		March Out					14:25	March Out			14:25	March Out				
7	13:20	Registration & Stretching					7	13:20	Registration		7	13:20	Registration			
	13:40-14:20	Warm Up Hall						13:40-14:20	Warm Up Hall				13:40-14:20	Warm Up Hall		
	14:25	March In						14:25	March In & Two Touch				14:25	March In & Two Touch		
	14:30	One Touch						14:35	Compete (2 Exercises)				14:35	Compete (2 Exercises)		
	14:35	Compete (2 Exercises)						14:50	One Touch & Compete (2 Exercises)				14:55	One Touch & Compete (1 Exercise)		
		March Out					15:15	March Out			15:15	March Out				
8	14:10	Registration & Stretching					8	14:10	Registration		8	14:10	Registration			
	14:30-15:10	Warm Up Hall						14:30-15:10	Warm Up Hall				14:30-15:10	Warm Up Hall		
	15:15	March In						15:15	March In & Two Touch				15:15	March In & Two Touch		
	15:20	One Touch						15:25	Compete (2 Exercises)				15:25	Compete (2 Exercises)		
	15:25	Compete (2 Exercises)						15:40	One Touch & Compete (2 Exercises)				15:45	One Touch & Compete (1 Exercise)		
		March Out					16:05	March Out			16:05	March Out				
16:15 - 16:45 AWARDS CEREMONY																

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23 - 24 SEPTEMBER 2023

TIMETABLE | DAY 2

TRAMPOLINE

FLIGHT	TIME	SCHEDULE	PANEL 1	PANEL 2	PANEL 3	PANEL 4
1	07:40	Registration & Stretching			Level 4 Women 10-1-5	
	08:00-08:40	Warm Up Hall				
	08:45	March In	Level 3 Women 13-14(1-13)	Level 3 Men 15*(11-10)	SOPHIE R, ISOBEL I	Level 4 Men 17*(1-9)
	08:50	One Touch			Level 3 Women 9-10(1-6)	
	08:55	Q1 Compete (2 Exercises)				
09:35	March Out					
2	08:30	Registration & Stretching				Level 4 Men 17(10-15)
	08:50-09:30	Warm Up Hall				
	09:35	March In	Level 3 Women 13-14(14-26)	Level 3 Men 15*(11-19)	Level 3 Women 9-10(1-12)	Level 4 Men 17*(1-3)
	09:40	One Touch			MINNIE R	
	09:45	Q1 Compete (2 Exercises)	PHOEBE S, PHOEBE C			
10:25	March Out					
3	09:20	Registration & Stretching				Level 4 Women 17(4-12)
	09:40-10:20	Warm Up Hall				
	10:25	March In	Level 3 Women 15*(1-13)	Level 4 Women 15-16(11-23)	Level 3 Women 11-12(1-12)	Level 4 Women 17(4-12)
	10:30	One Touch				
	10:35	Q1 Compete (2 Exercises)	CHLOE E	CHAYNE B		ABBIE J, JEMMA S
11:15	March Out					
4	10:10	Registration & Stretching				Level 4 Women 17(13-21)
	10:30-11:10	Warm Up Hall				
	11:15	March In	Level 3 Women 15*(14-26)	Level 4 Women 15-16(13-23)	Level 3 Women 11-12(13-23)	Level 4 Women 17(13-21)
	11:20	One Touch				
	11:25	Q1 Compete (2 Exercises)	EMILY S		Level 3 Men 13-14(1)	MYA T, JESSICA R
12:05	March Out					

DMT

FLIGHT	TIME	SCHEDULE	PANEL 5
1	07:40	Registration	
	08:00-08:40	Warm Up Hall	
	08:45	March In & Two Touch	Level 1 Men 9-12(1-16)
	08:55	Compete (2 Exercises)	LEO & TOBY W
	09:15	Compete (2 Exercises)	
09:35	March Out		
2	08:30	Registration	
	08:50-09:30	Warm Up Hall	
	09:35	March In & Two Touch	Level 1 Women 13*(1-16)
	09:45	Compete (2 Exercises)	PHOEBE S, LAURA H
	10:05	Compete (2 Exercises)	
10:25	March Out		
3	09:20	Registration	
	09:40-10:20	Warm Up Hall	
	10:25	March In & Two Touch	Level 1 Women 13*(17-26)
	10:35	Compete (2 Exercises)	ISOBEL I
	10:55	Compete (2 Exercises)	
11:15	March Out		
4	10:10	Registration	
	10:30-11:10	Warm Up Hall	
	11:15	March In & Two Touch	Level 1 Women 9-12(8-20)
	11:25	Compete (2 Exercises)	KYLAH
	11:45	Compete (2 Exercises)	Level 2 Women 9-10(11-4)
12:05	March Out	SOPHIE R	

TUMBLING

FLIGHT	TIME	SCHEDULE	PANEL 6	PANEL 7
1	07:40	Registration		
	08:00-08:40	Warm Up Hall		
	08:45	March In & One Touch	Level 4 Men 11-12(1-4) 13-14(1-8)	Level 3 Women U15(1-12)
	08:50	Compete (1 Exercise)		
	09:00	Two Touch & Compete (2 Exercises)		
09:35	March Out			
2	08:30	Registration		
	08:50-09:30	Warm Up Hall		
	09:35	March In & One Touch	Level 4 Men 9-10(1-11)	Level 3 Women U15(13-18) 15*(1-6)
	09:40	Compete (1 Exercise)		
	09:50	Two Touch & Compete (2 Exercises)		
10:25	March Out			
3	09:20	Registration		
	09:40-10:20	Warm Up Hall		
	10:25	March In & One Touch	Level 4 Men 9-10(12-14)	Level 3 Women 15*(7-17)
	10:30	Compete (1 Exercise)		
	10:40	Two Touch & Compete (2 Exercises)		
11:15	March Out			
4	10:10	Registration		
	10:30-11:10	Warm Up Hall		
	11:15	March In & One Touch	Level 4 Women 9-10(10-21)	Level 3 Women 15*(18-22)
	11:25	Compete (2 Exercises)		
	11:30	Two Touch & Compete (2 Exercises)		Level 3 Men U15(1-8)
12:05	March Out			

LUNCH & AWARDS CEREMONY

12:05 - 12:45						
5	11:40	Registration & Stretching				
	12:00-12:40	Warm Up Hall				
	12:45	March In	Level 4 Women 13-14(1-12)	Level 3 Men 13-14(2-11)	Level 4 Men 10(1-2) 11-12(1-9)	Level 4 Men 13-14(1-11)
	12:55	One Touch			MICHAEL S	JOSEPH N
	13:35	Q1 Compete (2 Exercises)	BELLA R, EVA D			
13:35	March Out					
6	12:30	Registration & Stretching				
	12:50-13:30	Warm Up Hall				
	13:35	March In	Level 4 Women 13-14(13-24)	Level 3 Men 13-14(12-19) 11-12(1-3)	Level 4 Women 11-12(1-11)	Level 4 Men 15-16(1-8)
	13:40	One Touch				
	13:45	Q1 Compete (2 Exercises)		DANNY S, TOM S	CHARLOTTE & GRACE	
14:25	March Out					
7	13:20	Registration & Stretching				
	13:40-14:20	Warm Up Hall				
	14:25	March In	Level 3 Men 9-10(1-9)	Level 3 Men 11-12(4-14)	Level 4 Women 11-12(12-22)	Level 4 Men 15-16(9-16)
	14:30	One Touch				
	14:35	Q1 Compete (2 Exercises)	BOBBY D, TRISTAN S			ANDREW S
15:15	March Out					

5	11:40	Registration	
	12:00-12:40	Warm Up Hall	
	12:45	March In & Two Touch	Level 2 Men 13*(1-12)
	12:55	Compete (2 Exercises)	JACOB J
	13:15	Compete (2 Exercises)	
13:35	March Out		
6	12:30	Registration	
	12:50-13:30	Warm Up Hall	
	13:35	March In & Two Touch	Level 1 Men 13*(1-10)
	13:45	Compete (2 Exercises)	
	14:05	Compete (2 Exercises)	
14:25	March Out		
7	13:20	Registration	
	13:40-14:20	Warm Up Hall	
	14:25	March In & Two Touch	Level 2 Women 13*(8-22)
	14:35	Compete (2 Exercises)	SCARLETT, BELLA
	14:55	Compete (2 Exercises)	
15:15	March Out		

5	11:40	Registration		
	12:00-12:40	Warm Up Hall		
	12:45	March In & One Touch	Level 4 Women 11-12(1-14)	Level 3 Men 15*(1-10)
	12:50	Compete (1 Exercise)		
	13:00	Two Touch & Compete (2 Exercises)		
13:35	March Out			
6	12:30	Registration		
	12:50-13:30	Warm Up Hall		
	13:35	March In & One Touch	Level 4 Women 11-12(15-24) 13-14(1-4)	Level 4 Men 15*(1-12)
	13:40	Compete (1 Exercise)		
	13:50	Two Touch & Compete (2 Exercises)		
14:25	March Out			
7	13:20	Registration		
	13:40-14:20	Warm Up Hall		
	14:25	March In & One Touch	Level 4 Women 13-14(5-18)	Level 4 Men 15*(13-14)
	14:30	Compete (1 Exercise)		
	14:40	Two Touch & Compete (2 Exercises)		Level 4 Women 15*(1-10)
15:15	March Out			

8	14:10	Registration				
	14:30-15:10	Warm Up Hall				
	15:15	March In & One Touch			Level 2 Women 13*(23-25) 11-12(1-14)	
	15:25	Compete (2 Exercises)			JESSICA GRACE	
	15:45	Compete (2 Exercises)				
16:05	March Out					

8	14:10	Registration	
	14:30-15:10	Warm Up Hall	
	15:15	March In & One Touch	Level 2 Women 13*(23-25) 11-12(1-14)
	15:25	Compete (2 Exercises)	JESSICA GRACE
	16:05	Compete (2 Exercises)	
16:05	March Out		

8	14:10	Registration		
	14:30-15:10	Warm Up Hall		
	15:15	March In & One Touch	Level 4 Women 13-14(5-18)	Level 4 Women 15*(11-21)
	15:20	Compete (1 Exercise)		
	15:30	Two Touch & Compete (2 Exercises)		
16:05	March Out			

16:15 - 16:45

AWARDS CEREMONY