

# TIMETABLE

*Team Managers to sign-in upon arrival at the information desk.*

## **Artistic Gymnastics**

Session 1:	Warm-up & Marshall:	8.30am	Boy's A, B, C & D, Girl's Novice 1, 2 & 3
	Competition:	8.50am	
	Prize Giving	12.00pm	
Session 2:	Warm-up & Marshall:	10.10am	Girl's Steps 4, 5 & 6
	Competition:	10.30am	
	Prize Giving	12.30pm	
Session 3:	Warm-up & Marshall:	12.15pm	Girl's Steps 7, 8, 9, 10 & International
	Competition:	12.45pm	
	Prize Giving:	2.45pm	

## **Rhythmic Gymnastics**

8.30-9.30	Warm Up Group, Grade 1, Grade 2, Grade 3 & Open
9.30-10.00	Competition Group, Grade 1, Grade 2, Grade 3 & Open
10.00-10.30	Warm Up Level 5, 6 & 7
10.30-11.45	Competition Level 5, 6 & 7
11.45-12.15	Warm Up Level 8, 9, 10, Junior & Senior International
12.15-2.00pm	Competition Level 8, 9, 10, Junior & Senior International

## **Trampoline Events**

08:00 - 08:15am	Arrival and Registration	
08:15 - 09:15am	Girls C Grade	Warm Up
09:15 - 10.15am	Girls C Grade	Compete
10.20 - 10:30am	Girls C Grade	Prize Giving
10:30am	<i>OFFICIALS TEA/COFFEE BREAK</i>	
10:30 – 11.00am	Girls B & Boys A, B & C Grade	Warm Up
11.00 - 11.30am	Girls B & Boys A, B & C Grade	Compete
11:35 - 11.45am	Girls B & Boys A, B & C Grade	Prize Giving
11.45am	<i>OFFICIALS LUNCH</i>	
11.45 - 12.45pm	Girls A & Boys & Girls FIG	Warm Up
12.45 - 1:45pm	Girls A & Boys & Girls FIG	Compete
1:50 - 2:00pm	Girls A & Boys & Girls FIG	Prize Giving

## **Tumbling Events**

08:00 - 08:15am	Arrival and Registration	
08:15 - 09:15am	Girls FIG & Nat & Boys All Grades	Warm Up
09:15 - 10.15am	Girls FIG & Nat & Boys All Grades	Compete
10.20 - 10:30am	Girls FIG & Nat & Boys All Grades	Prize Giving
10:30am	<i>OFFICIALS TEA/COFFEE BREAK</i>	
10:30 – 11.15am	Girls A Grade	Warm Up
11.15 - 12.00pm	Girls A Grade	Compete
12:05 - 12.15pm	Girls A Grade	Prize Giving
12.15pm	<i>OFFICIALS LUNCH</i>	
12.15 - 1.00pm	Girls B Grade	Warm Up
1.00 - 1:45pm	Girls B Grade	Compete
1:50 - 2:00pm	Girls B Grade	Prize Giving

*\*Please note these times are subject to change on the day. Please be prepared to compete at least 30 minutes either side of your scheduled time.*

*\* Prize giving ceremonies will be held throughout the day at the completion of each session.*