



English Championships Golden Sunday

Individual and Synchro Trampoline

Level		Flight		Individual and Synchro Trampoline						Level		Flight		Individual DMT		
				Panel 1		Panel 2		Panel 3						Panel 4		
Golden Sunday	1	Age Group:		TRA 9-10 Female		TRA 9-10 Male		TRS 13-14 M & F		Golden Sunday	1	Age Group:		15-16 Male		
		No:		(1-14)		(1-7)		(1-3 & 1-5)				(1-5)				
		Registration		7:30	8:00	7:30	8:00	7:30	8:00			7:30	8:00			
		General Warm Up		8:00	8:30	8:00	8:30	8:00	8:30			8:00	8:30			
		March In		8:30	8:35	8:30	8:35	8:30	8:35			8:30	8:35			
		One Touch:		8:35	8:45	8:35	8:45	8:35	8:50			8:35	8:50			
		Compete:		8:45	9:10	8:45	9:10	8:50	9:35							
		One Touch:		9:10	9:20	9:10	9:20									
	Final:		9:20	9:35	9:20	9:35										
	March Out:		9:35	9:40	9:35	9:40	9:35	9:40								
	Golden Sunday	2	Age Group:		TRA 11-12 Female		TRA 11-12 Male		TRS 15 - 16 M & F		Golden Sunday	2	Age Group:		Senior Female	
			No:		(1-15)		(1-15)		(1 & 1-6)				(1-12)			
			Registration		8:45	9:10	8:45	9:10	8:45	9:10			8:45	9:10		
			General Warm Up		9:10	9:40	9:10	9:40	9:10	9:40			9:10	9:40		
			March In		9:35	9:40	9:35	9:40	9:35	9:40			9:35	9:40		
			One Touch:		9:40	9:50	9:40	9:50	9:40	9:55			9:40	9:55		
Compete:			9:50	10:15	9:50	10:15	9:55	10:40								
One Touch:			10:15	10:25	10:15	10:25										
Final:		10:25	10:40	10:25	10:40											
March Out:		10:40	10:45	10:40	10:45	10:40	10:45									
Golden Sunday		3	Age Group:		TRA 13-14 Female		TRA 13-14 Male		TRS Mixed 9-12		Golden Sunday	3	Age Group:		Senior Male	
			No:		(1-16)		(1-16)		(1-9)				(1-11)			
			Registration		9:50	10:15	9:50	10:15	9:50	10:15			9:50	10:15		
			General Warm Up		10:15	10:45	10:15	10:45	10:15	10:45			10:15	10:45		
			March In		10:40	10:45	10:40	10:45	10:40	10:45			10:40	10:45		
			One Touch:		10:45	10:55	10:45	10:55	10:45	11:00			10:45	11:00		
	Compete:		10:55	11:25	10:55	11:25	11:00	11:50								
	One Touch:		11:25	11:35	11:25	11:35										
	Final:		11:35	11:50	11:35	11:50										
	March Out:		11:50	11:55	11:50	11:55	11:50	11:55								
	Golden Sunday	4	Age Group:		Disabilities Cat 1 M & F		Disabilities Cat 2 M & F		TRS Senior M & F		Golden Sunday	4	Age Group:		15-16 Female	
			No:		(1-5 & 1-4)		(1-4 & 1-8)		(1-2 & 1-2)				(1-12)			
			Registration		11:00	11:25	11:00	11:25	11:00	11:25			11:00	11:25		
			General Warm Up		11:25	11:55	11:25	11:55	11:25	11:55			11:25	11:55		
			March In		11:50	11:55	11:50	11:55	11:50	11:55			11:50	11:55		
			One Touch:		11:55	12:05	11:55	12:05	11:55	12:10			11:55	12:10		
Compete:			12:05	12:35	12:05	12:35	12:10	13:00								
One Touch:			12:35	12:45	12:35	12:45										
Final:		12:45	13:00	12:45	13:00											
March Out:		13:00	13:05	13:00	13:05	13:00	13:05									
Golden Sunday		5	Age Group:		TRA 15-16 Female		TRA 15-16 Male				Golden Sunday	5	Age Group:		9-12 Female	
			No:		(1-15)		(1-14)						(1-13)			
			Registration		13:15	13:40	13:15	13:40					12:40	13:05		
			General Warm Up		13:40	14:10	13:40	14:10					13:05	13:35		
			March In		14:05	14:10	14:05	14:10					13:35	13:40		
			One Touch:		14:10	14:20	14:10	14:20					13:40	13:55		
	Compete:		14:20	14:50	14:20	14:50			13:55	14:10						
	One Touch:		14:50	15:00	14:50	15:00			14:10	14:20						
	Final:		15:00	15:15	15:00	15:15			14:20	14:30						
	March Out:		15:15	15:20	15:15	15:20			14:30	14:35						
	Golden Sunday	6	Age Group:		TRA 17-21 Female		TRA 17-21 Male				Golden Sunday	6	Age Group:		9-12 Male	
			No:		(1-16)		(1-14)						(1-11)			
			Registration		14:25	14:50	14:25	14:50					12:40	13:05		
			General Warm Up		14:50	15:20	14:50	15:20					13:40	14:10		
			March In		15:15	15:20	15:15	15:20					13:35	13:40		
			One Touch:		15:20	15:30	15:20	15:30					14:35	14:45		
Compete:			15:30	16:00	15:30	16:00			14:45	15:05						
One Touch:			16:00	16:10	16:00	16:10			15:05	15:15						
Final:		16:10	16:25	16:10	16:25			15:15	15:25							
March Out:		16:25	16:30	16:25	16:30			15:45	15:50							
Golden Sunday		7	Age Group:		TRA Senior Ladies		TRA Senior Male				Golden Sunday	7	Age Group:		13-14 Male & Female	
			No:		(1-5)		(1-9)						(1-5 & 1-12)			
			Registration		15:35	16:00	15:35	16:00					14:50	15:15		
			General Warm Up		16:00	16:30	16:00	16:30					15:15	15:45		
			March In		16:25	16:30	16:25	16:30					15:45	15:50		
			One Touch:		16:30	16:40	16:30	16:40					15:50	16:05		
	Compete:		16:40	17:10	16:40	17:10			16:05	16:30						
	One Touch:		17:10	17:20	17:10	17:20			16:30	16:45						
	Final:		17:20	17:35	17:20	17:35			16:45	17:00						
	March Out:		17:35	17:40	17:35	17:40			17:00	17:05						

Morning Presentation 13:20 - 14:00

Judges Lunch

Golden Sunday	5	Age Group:		TRA 15-16 Female		TRA 15-16 Male				Golden Sunday	5	Age Group:		9-12 Female		
		No:		(1-15)		(1-14)						(1-13)				
		Registration		13:15	13:40	13:15	13:40					12:40	13:05			
		General Warm Up		13:40	14:10	13:40	14:10					13:05	13:35			
		March In		14:05	14:10	14:05	14:10					13:35	13:40			
		One Touch:		14:10	14:20	14:10	14:20					13:40	13:55			
		Compete:		14:20	14:50	14:20	14:50					13:55	14:10			
		One Touch:		14:50	15:00	14:50	15:00					14:10	14:20			
	Final:		15:00	15:15	15:00	15:15			14:20	14:30						
	March Out:		15:15	15:20	15:15	15:20			14:30	14:35						
	Golden Sunday	6	Age Group:		TRA 17-21 Female		TRA 17-21 Male				Golden Sunday	6	Age Group:		9-12 Male	
			No:		(1-16)		(1-14)						(1-11)			
			Registration		14:25	14:50	14:25	14:50					12:40	13:05		
			General Warm Up		14:50	15:20	14:50	15:20					13:40	14:10		
			March In		15:15	15:20	15:15	15:20					13:35	13:40		
			One Touch:		15:20	15:30	15:20	15:30					14:35	14:45		
Compete:			15:30	16:00	15:30	16:00			14:45	15:05						
One Touch:			16:00	16:10	16:00	16:10			15:05	15:15						
Final:		16:10	16:25	16:10	16:25			15:15	15:25							
March Out:		16:25	16:30	16:25	16:30			15:45	15:50							
Golden Sunday		7	Age Group:		TRA Senior Ladies		TRA Senior Male				Golden Sunday	7	Age Group:		13-14 Male & Female	
			No:		(1-5)		(1-9)						(1-5 & 1-12)			
			Registration		15:35	16:00	15:35	16:00					14:50	15:15		
			General Warm Up		16:00	16:30	16:00	16:30					15:15	15:45		
			March In		16:25	16:30	16:25	16:30					15:45	15:50		
			One Touch:		16:30	16:40	16:30	16:40					15:50	16:05		
	Compete:		16:40	17:10	16:40	17:10			16:05	16:30						
	One Touch:		17:10	17:20	17:10	17:20			16:30	16:45						
	Final:		17:20	17:35	17:20	17:35			16:45	17:00						
	March Out:		17:35	17:40	17:35	17:40			17:00	17:05						

Presentation for the Evening Group 17:50 - 18:30